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Your essential daily news | THURSDAY, JULY 30, 2015

High 31°C/Low 17°C Chance of morning showers



Pat Edwards, left, and Lazlo Benak cool off in the shade with a pint of beer at Sir John A. Pub on Elgin Street Wednesday, after Environment Canada issued a heat warning for the capital region. JOE LOFARO/METRO

CHEERS TO BEERS

Ottawa reached 34 C, the hottest temperature on record for July 29 in more than 60 years. Environment Canada forecasts a high of over 30 C for Thursday.

New coach takes reins at U of O

HOCKEY

Gee-Gees will be starting 'from scratch'



Lucy Scholey
Metro | Ottawa

The University of Ottawa has taken the first step toward rebuilding its beleaguered men's hockey team by naming Patrick Grandmaitre as new head coach. The 36-year-old, who steps behind the bench this fall, is a former QMJHL captain of both the Victoriaville Tigers and the Quebec Remparts. He went on to St. Francis Xavier University, winning the 2004 Canadian Interuniversity Sport national championship as the team's captain.

Recently, Grandmaitre helped launch the hockey program at Gatineau's Collège Nouvelles Frontières and served as the assistant coach for the University of Ottawa's women's hockey team.

He's replacing former coach Real Paiement, who was dismissed following allegations of sexual misconduct by some players during a team trip to Thunder Bay in 2014. The university then sus-

pended the hockey program and launched a task force on "respect and equality" on campus.

"I'm looking forward to this opportunity to build something from scratch and to build it into something strong," Grandmaitre said Wednesday at the university's Minto Sports Complex.

The Hull, Que., native stressed he will not just be looking for on-ice skills, but the right "character traits." Teammates will also have to sign a code of ethics.

"I want to build a sense of pride within the team and from outside the team — from the alumni and from the school and the students," he said.

Former Ottawa Senators coach Jacques Martin will act as special adviser to Grandmaitre for the first year. He was also on the hiring committee.

Further, there will be 25 entry-level scholarships, worth \$4,500 each, granted to aspiring university players.

"In CIS hockey, that's never heard of," said Marc Schryburt, director of the university's sports services. "Normally, when you have a team that's ongoing, you need three or four players a year ... now we need 25."

There are seven former Gee-Gees players still attending the school — some on scholarship — who are welcome to try out for the team.

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Super Visitors

Young patients had a chance to interact with Marvel cast members — superheroes and villains — and get their help creating personalized superhero shield at the Children's Hospital of Eastern Ontario, Wednesday. The visit was geared toward inspiring children and families who demonstrate their own special heroism every day.

Mike Carroccetto FOR METRO



Jacob Hartley, 12, strikes a pose with Marvel cast members Matthew Daos, left, and Khalil La-Marr during their visit to Children's Hospital of Eastern Ontario (CHEO). The Marvel superheroes — and villains — are in Ottawa to perform in Marvel Universe LIVE! at the Canadian Tire Centre this weekend.



Logan Cunningham, 11, displays his superhero shield as he strikes a pose with Marvel cast member James Colon (a.k.a. Thor).

James Colon with 13-year-old Riyaq Elmi and her shield.



Caleb Sands, 4, hams it up in front of photographers beside a poster of The Hulk. Each child, with assistance from the Marvel cast, was able to design a personalized superhero shield.



Gabriel Sands, 8, designs his superhero shield during a visit by the Marvel cast members.



A masked Lillah Turner, 3, works with some glue as mom Kait looks on during the superhero visit to Children's Hospital of Eastern Ontario.



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Mayor Jim Watson, right, and Coun. Eli El-Chantiry discuss budget items at a council meeting Wednesday. TREVOR GREENWAY/FOR METRO

Street checks not illegal: Councillor

CARDING

Practice has been on the decline in city since 2011



Joe Lofaro
Metro | Ottawa

Police street checks are within the boundaries of the law and should continue in the absence of a formal policy, the chairman of the Ottawa Police Services Board said.

On Tuesday, Ontario Ombudsman Andre Marin slammed the practice — also known as “carding,” in which police stop people on the street and ask for identification — and said it should be banned.

The provincial government is in the middle of a sweeping review of street checks and will develop guidelines for police forces in Ontario.

Figures released last week in the Ottawa police annual report show the practice has been on the decline in Ottawa since 2011. Last year, police submitted 4,405 street checks, compared to 8,240 in 2011.

The report also noted the



At the end of the day it's a tool ... for solving problems, crime.

Coun. Eli El-Chantiry

force does not have a formal policy for street checks.

But Ottawa police board chairman Eli El-Chantiry said street checking is “absolutely not” illegal and told Metro on Wednesday there is no issue with police continuing to stop people on the street while province works crafts new regulations.

“At the end of the day it's a tool that's been used by police for solving problems, crime,” he said.

El-Chantiry — who has been on the Ottawa police board for close to 13 years and is a vice-president of the Ontario Association of Police Services Boards — said street checks have never been a problem in Ottawa.

But the numbers in the Ottawa police report show black people made up 20 per cent of all street checks recorded last year when they represent less than six per cent of the city's population. Middle Eastern people made up 14 per cent of all street checks, the report noted.

SOCIAL NETWORKING

Study finds link to youth mental health



Michael Woods
Metro | Ottawa

A new study of Ottawa middle and high school students shows the frequent use of social networking sites is associated with poor mental health among children and adolescents.

The Ottawa Public Health study shows that youth who report using sites such as Facebook, Twitter and Instagram for more than two hours a day also reported poor mental health, psychological distress, suicidal thoughts or an unmet need for

mental-health support.

“Parents should consider frequent use of SNSs (social networking sites) as a possible indicator of, or risk for, mental health problems among children,” the study said.

The study examined responses from 753 Ottawa students to the Ontario Student Drug Use and Health Survey in 2013.

Lead study author Dr. Hugues Sampasa-Kanyinga said there has been some investigation of the effects of social networking on university-aged students, but little was known about its association with middle and high

school students.

The study doesn't establish causality; mental health problems could be caused by a high use of social networking sites, or vice versa, or both. Sampasa-Kanyinga said more study is needed to disentangle the relationship between social networking sites and mental health among children and adolescents.

“The simple use of social networking sites cannot explain this association, because social networking by itself is not bad,” Sampasa-Kanyinga said. “We think this is a complex relationship.”

But, he said, it's possible that children with mental-health problems use social networking sites as a coping strategy or escape because they're feeling isolated.

But the study says frequent use of social networks should be seen as an indicator to support children, and that public health and other service providers could better use such sites to reach a vulnerable population.

“We need public health organizations and service providers to be more present on social networking ... to provide more support to kids who are in need,” he said.

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Jazz cats strip back dub

AFRICAN DUB ALMIGHTY

Adam Saikaley and crew to replicate fabled album



Trevor Greenway
Metro | Ottawa

The one album that Adam Saikaley has listened to consistently since he was a teenager is the fabled African Dub All-Mighty — Chapter 1, by legendary dub producer Joe Gibbs.

It's been on monthly repeat for decades at the Saikaley household and it's not surprising the powerhouse Ottawa musician has it spinning constantly. It's the perfect background music while hosting a dinner party; it's superb conversation music. It's the ideal chill-out mix and it's also fantastic for partying down.

Saikaley will find out this weekend if it's the perfect music to play live.

Saikaley and a crew of musicians under the guise of The Treasure Dub Quartet will at-



Adam Saikaley and his Treasure Dub Quartet are reproducing Joe Gibbs' legendary African Dub All-mighty this weekend at the Record Centre. KYLE WASTLE/METRO

tempt to reproduce the epic record live at the Record Centre Sunday.

It's a challenging feat, but not exactly for the reasons you would think.

"I had just finished playing a whole bunch of jazz shows with

intense improvisation, intense composition, intense rhythms, and I thought it would be so nice to do something challenging, but stripped back like this," says Saikaley.

"And find the difficulty in how stripped back it is. It will be fun

to see if a band can actually dub itself out without having someone at a mixer."

While it isn't a complex album, the band will have to mimic Joe Gibbs' dubs on the fly, all in real time without a gold-record-making producer

66

I thought it would be so nice to do something challenging, but stripped back.

Adam Saikaley

at the helm.

And if anyone can do it, it's Saikaley and his mates.

These aren't just regular Joes who like to jam. Saikaley is a multi-instrumentalist, composer and musician in bands like Silkken Laumann and the Juno-nominated group The Acorn. He's also one-half of a live analog techno group with local selector Gary Franks.

Toss in the other three players — Michael Delage, Alex Moxon and Phil Charbonneau — and you've got a heck of a super band setting up shop in the Record Centre.

The show starts at 5 p.m., so get out early and travel back to Kingston, Jamaica, in the mid-70s and groove to some of history's greatest dub music. Saikaley and crew will take you there.

IN BRIEF

Ottawa breaks summer heat record

If you feel like you've never been hotter in Ottawa, that's likely the case.

On Wednesday, the capital broke a 66-year record for the hottest July 29 in history. At around 3 p.m., temperatures crept up to 34 C. It felt like 41 C with the humidex.

Previously, the steamiest July 29 in history was in 1949, when temperatures reached 33.3 C.

Thursday promises to be almost as hot and humid, with a high of 30 C.

LUCY SCHOLEY/METRO

Humane Society in urgent need of cat adopters

The Ottawa Humane Society is asking residents to help the shelter avert a "kitty crisis" after being overwhelmed with cats in need of adoption.

In a news release issued Wednesday, the OHS said it is in urgent need of adopters and volunteers to help manage the cat population.

There are more than 60 cats waiting for adoption at the shelter. METRO

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GAS LEAK METCALFE STREET Firefighters examine the scene of a natural gas leak on Metcalfe Street Wednesday morning. The leak occurred when a backhoe accidentally struck a gas line. Enbridge Gas crews were at the site of the leak, which closed part of Metcalfe Street for several hours. MICHAEL WOODS / METRO



SINKHOLE WATER-MAIN BREAK WREAKS HAVOC ON MONTREAL ROAD. A city worker walks past a large sinkhole Wednesday afternoon on Montreal Road as a result of a broken water main. The sinkhole closed traffic in the eastbound lane of Montreal Road from Elmsmere Road to Ogilvie Road for several hours. The road closure also affected OC Transpo Route 12. The city said water service in the area was not interrupted and water quality for residents was not affected. JOE LOFARO/METRO

Draft report on fatal crash is in

ROAD SAFETY

Collision of OC Transpo bus, Via train killed 6 people



Lucy Scholey
Metro | Ottawa

The Transportation Safety Board of Canada has finished an early draft report on the fatal bus-train collision near Fallowfield Station, but it has yet to be made public.

Copies have been sent to confidential draft reviewers, who have been asked to submit any comments by Aug. 20.

The Transportation Safety Board (TSB) will then review and redraft the final report, which will outline what happened on Sept. 13, 2013, and why.

"Once we've completed our

report and published it, we will be following up to see what safety action has been taken," said John Cottreau, spokesman for the TSB.

Almost two years ago, a Via Rail train collided with a double-decker OC Transpo bus near Fallowfield Station, killing six people and injuring dozens more.

A year after the collision, investigators with the TSB determined speed and driver distraction as factors in the incident.

The bus was travelling at 67.6 kilometres per hour, just over the 60 km/h speed limit, and driver Dave Woodard, who died in the collision, applied the brakes two seconds before impact.

He also may have been looking at a video monitor at the time.

The TSB also recommended the City of Ottawa better monitor buses for speed infractions near railway crossings and that it review the

use of video monitors in its buses.

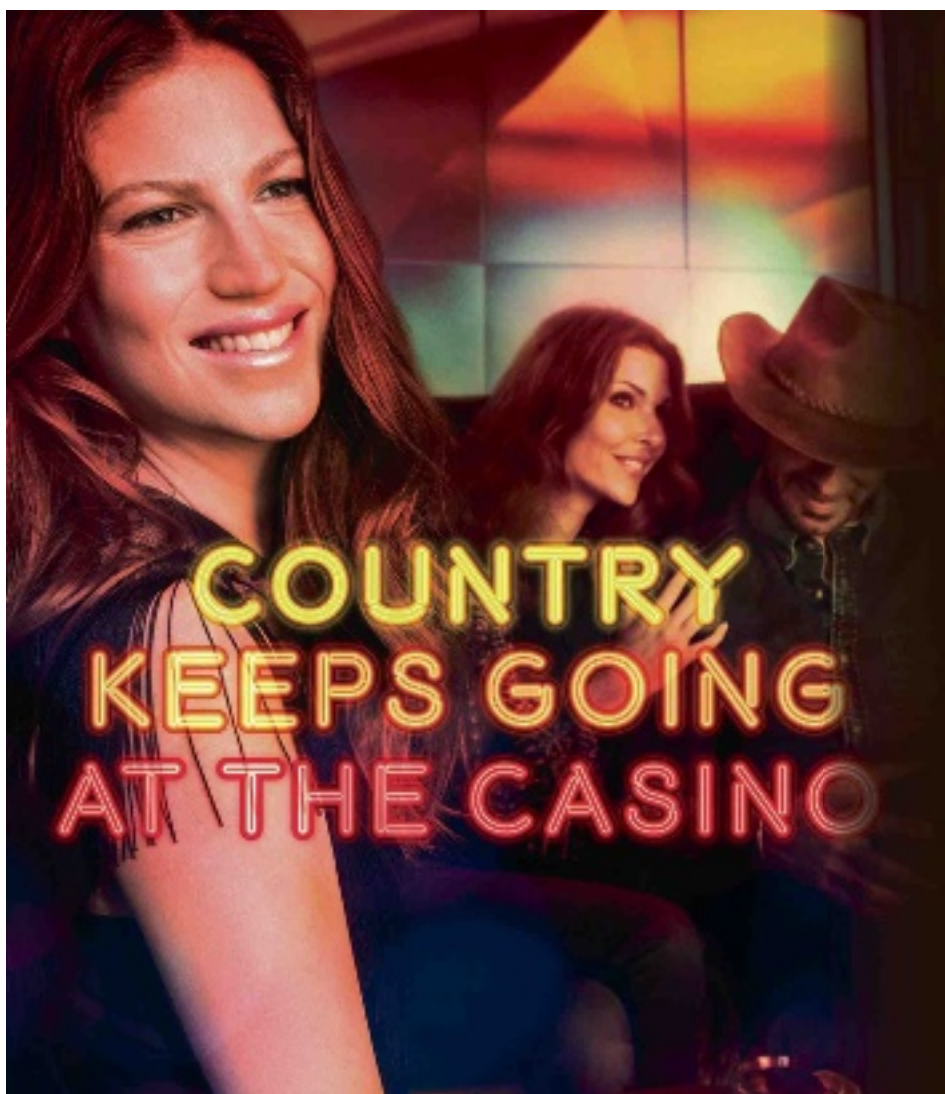
If Woodard was staring at one of the video monitors in the cockpit, he may have missed the flashing rail guard lights, according to investigators.

Following the accident, there were several reports of signal light glitches at several Barrhaven railway crossings near the site of the crash. Via Rail got to work installing sensors, computer programs and eliminating rock and ice buildup between switches.

There were also several reported incidents of vehicles stopping beyond the stop bar at the Fallowfield Road railway crossing and getting caught under the gate.

The City of Ottawa also hired its own third-party consultant to review that crossing. As a result of the report, the city decided to heighten the buffer zone on the eastbound lane.

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New football field a touchdown

ORLÉANS

Facility will be home base for club with 250 youth players

A new football field with lights will be built in Orléans for fall 2016, Ottawa-Orléans MP Royal Galipeau announced this week.

The field, the location of which is still to be selected from

a short list, will be a municipal field that will be available for multi-sport use. It will also be the new home base of the Orléans Bengals, a local football club that has about 250 youth players.

Club president Michael (Chilli) Johnson said the club has been trying for the past 20 years to secure a field with proper lighting. The field the Bengals currently use at Garneau Catholic High School, which they rent from the school board, only has two lights and not the six tall light

posts needed to provide standard lighting for a football field. The new field will be paid for through the Canada 150 Community Infrastructure Program.

Galipeau said he wants to kick the first ball when the new football field opens, and he wants to do it as the serving MP for the area.

"This is today's orange wave in Orléans," he said, as he was surrounded by players donning their orange football jerseys.

"I just hope it doesn't catch on

to the rest of Orléans," he joked of the NDP's colours.

BRIER DODGE/METROLAND MEDIA

\$369K

The new football field will split \$396,000 in federal funding with a city project to repave an existing stone pathway from Tenth Line Road to Trim Road.



The Shepherds of Good Hope cube van, used for picking up donations and delivering food to its programs, needed \$6,000 in repairs this week. The shelter started a social media campaign and in a little more than 24 hours raised the funds. CONTRIBUTED

FUNDRAISING

Shepherds of Good Hope's van on the road again



Lucy Scholey
Metro | Ottawa

The Shepherds of Good Hope's delivery van will be on the road again after Ottawa residents fuelled the homeless shelter's fundraising campaign.

The Murray Street shelter surpassed its goal of \$6,000 to repair the engine in its eight-year-old cube van — a little more than 24 hours after putting out the call for help.

"It just means so much to us because, you know, the truck is just one little part of what we do here every day, although it's an integral part," said Anna Silverman, executive director of the Shepherds of Good Hope Foundation.

Every day, the shelter uses

the U-Haul-style van to pick up donations and deliver clothing and food to its eight locations around the city.

Since the engine fried a few days ago, food deliverers have relied on several smaller maintenance vans, which has meant multiple pickups throughout the day. "A few days in our work is a lot," said Silverman.

Donald Ermen, communications co-ordinator for Shepherd's of Good Hope, said the van has racked up many kilometres. Organizers considered replacing the engine and sending it to the scrapyards.

"We thought, no, we can still get a lot of years out of this van if we make these repairs."

The Shepherds of Good Hope provides programs and services to more than 1,600 men and women every day.

IN BRIEF

Police looking for man suspected of sexually assaulting two teens at Britannia beach

Ottawa police are investigating a complaint of a sexual assault against two teenage girls at Britannia beach on Monday.

Police say the complainants reported that a man inappropriately touched them while they were wading in the unsupervised area of the beach in the evening hours.

The suspect is de-

scribed as a black man with a medium to chubby build, approximately five feet, nine inches tall, in his mid 20s to early 30s. He had short black hair, a square face with chubby cheeks, unshaven and wore large sunglasses. He spoke English with a heavy French accent.

Police say the suspect was wearing a black T-shirt and black swimming shorts with a red stripe down the leg and a black hat.

JOE LOFARO/METRO

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Monthly dance party makes beats something of a Ritual

BACKSTAGE PASS

Party Pack showing no signs of slowing down



Trevor Greenway
For Metro | Ottawa

If you ask Tarek El-Khatib what kind of music his Party Pack DJs play, the answer will surprise you.

While most will expect him to mention hip hop, trap and rap, the general manager of Ritual Nightclub and a city party promoter stays away from pigeonholes, even though elements of all three genres are mixed into his once-a-month dance party.

"It's fresh, forward-thinking music," says El-Khatib, describing the vibe his rotating DJs spin up at the club.

"We find DJs that we feel have a real understanding of what people want to listen to. It's underground in the sense that it's not the stuff you would hear on the radio, it's not Top 40, but it's still accessible, current hip-hop music."

And people sure do want to listen. Party Pack is beating on its fifth year — one of the longest-running monthly dance parties in the city with



Vancouver's Sleepy Tom plays a raucous set during Party Pack's four-year anniversary last year. CONTRIBUTED

no signs of slowing down.

While there is a strong local DJ force at the foundation of the party, namely residents Sasha Foster and DJ Laocapone who have been grinding it out from Day 1, the party has also seen bigger DJs hit the decks at Ritual — popular selectors like Dave Luxe, Tommy Kruise, Promnite, Just Blaze, Eric Dingus, Da-



It's great to be able to provide a platform for people, whether it's a stepping stone for them or not.

Tarek El-Khatib, GM of Ritual Nightclub

P, Shash'u and Thugli, just to name a few. September's party will be another big one with LA's Hoodboi rolling into town with his choppy,

eccentric beats that will make you twitch and itch.

And although El-Khatib loves booking massive DJs for the bar, he gets even more

out of exposing local up-and-coming talent — hardworking city DJs he can prop up next to the big guys to push them into the spotlight.

This week is no different, as the club is promoting up-and-comers Greege and Yashevelli July 31, two local DJs who work at Ritual and "love great music." They are hard-working dudes trying to

carve out a name for themselves in a world crammed with DJs, and it's guys like El-Khatib and places like Ritual that are providing the chisel and hammer.

"It's a collaborative effort. It's great for us as much as it is for them. It's great to be able to provide a platform for people, whether it's a stepping stone for them or not," adds El-Khatib, also co-owner of Goodproblems promotional company.

"It's great to be able to put people in a place where they can essentially get some exposure."

Party Pack may not be the wildest party you'll ever go to, but if there is one thing it's got going for it (there are many), it's consistency. Everyone who has ever been to a Party Pack event knows what I'm talking about.

The tunes are always fresh, current, but not mainstream, something El-Khatib describes as "future beats." You know what you're getting into on the last Friday of every month at Ritual: a damn good dance party with DJs who know what they are doing. And for \$6, the party really is one of the most inclusive DJ nights in the city.

If Fridays are your bubble bath nights, then come get rinsed after with some of the city's illest DJs at Ritual every month.

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CANADIANS REMEMBERED

Condolences shared for avalanche victims

Two Montrealers who died in an avalanche while hiking in New Zealand were remembered on Wednesday as avid outdoorsmen as well as students who were talented, creative and involved.

New Zealand police confirmed that the two bodies found in debris near a popular hiking track were those of Louis-Vincent Lessard and Etienne Lemieux, who were both Université de Montréal industrial design students.

"They were marked by an

overwhelming enthusiasm and infectious good mood," Fabienne Munch, the faculty of design's director, said in a statement published on the university's website.

"The school of design, its professors and classroom staff will remember their commitment and their charming smiles."

On Facebook, a page that was set up to help locate the 23-year-old students when they went missing turned into a memorial

with hundreds of messages of condolence.

The families of both men issued statements Wednesday to pay tribute to authorities for their attempts at finding the hikers.

"We would also like to thank everyone who transmitted messages of encouragement as well as information to help advance the search effort," the Lemieux family said on the New Zealand police website.

"We want people to know that Etienne was a remarkable young man who went to New Zealand and fulfilled his dream."

Lessard's family's echoed those thoughts in their statement.

"The...family is extremely grateful in the way the search was conducted and wish to thank everyone both near and far for the efforts they made during these operations," it read.

THE CANADIAN PRESS



Prime Minister Stephen Harper steps out of his residence at 24 Sussex Drive in June. He's expected to call a federal election as early as Sunday. ADRIAN WYLD/THE CANADIAN PRESS

Free-trade deal on deck

TRANS-PACIFIC PARTNERSHIP

Harper poised to sign off on international blockbuster

The Conservatives are anxiously hoping to sign off on a massive free-trade deal before kicking off an election campaign that's expected to start as early as Sunday.

CBC reported that Prime Minister Stephen Harper will head to Rideau Hall in Ottawa on Sunday or Monday to ask Gov. Gen. David Johnston to dissolve Parliament to call a federal election as early as Aug. 2.

The federal government is at the negotiating table in Hawaii, where Trans-Pacific Partnership talks are reportedly in their final stages.

With voting day set for Oct. 19, the governing Tories want to launch the campaign with the deal in hand — an agree-

ment they could brandish as evidence of their economic stewardship.

The partnership, a pact between 12 countries including Canada, the U.S., Mexico and Japan, is poised to become the biggest trade deal in history once ratified.

Experts say if the talks continue after the start of the campaign, they could prove politically sensitive for the government.

In particular, Canada is under pressure from other countries to lower the high tariffs that currently protect domestic producers of eggs, milk, cheese and poultry from foreign competition.

In an interview with Bloomberg, Harper is insisting the government will protect the interests of every Canadian industry "as best we can."

Harper says the negotiations are "well advanced" and that Canada "cannot be left out of this kind of trade arrangement."

THE CANADIAN PRESS/METRO

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IN BRIEF

London-bound plane forced to land in Montreal

A London-bound plane carrying more than 300 people from the United States was forced to land in Montreal on Wednesday because of a bomb threat, police said.

The evacuation went smoothly, police said.

Police received a call about 40 minutes before the British Airways plane touched down at Pierre-Elliott-Trudeau International Airport.

British Airways said the captain made the decision to divert the aircraft as a precaution.

THE CANADIAN PRESS

ZIMBABWE

Lion kill deemed illegal

A hunting guide and a farm owner appeared in court Wednesday on allegations they helped an American dentist kill a protected lion named Cecil, and the head of Zimbabwe's safari association said the big cat was unethically lured into the kill zone and denied "a chance of a fair chase."

The Zimbabwean men were accused of aiding Walter James Palmer, who reportedly paid \$50,000 to track and kill the black-maned lion. Zimbabwe police have said they are looking for Palmer, whose exact whereabouts were unknown.

During the nighttime hunt, the men tied a dead animal to their car to draw the lion out of a national park, said Johnny Rodrigues, chairman of the Zimbabwe Conservation Task Force.

The American is believed to have shot it with a crossbow, injuring the cat. The wounded lion was tracked for 40 hours before Palmer fatally shot it with a gun, Rodrigues said.

A professional hunter named Theo Bronkhorst was accused of failing to "prevent an unlawful hunt." Court documents say Bronkhorst was supervising while Palmer shot the animal.

Bronkhorst was released on \$1,000 bail after appearing at the Hwange magistrate's court, about 700 kilometres west of the capital Harare, according to his defence lawyer, Givemore Muvhiringi.

If convicted, Bronkhorst faces up to 15 years in prison.

A second man, farm owner Honest Trymore Ndlovu, also appeared in court but was not charged and was released from custody, his lawyer Tonderai Makuku said.

Using bait to lure the lion is deemed unethical by the Safari Operators Association of Zimbabwe, of which Bronkhorst is a member. The association has since revoked his licence.

Palmer remained secluded Wednesday in the face of protests at his clinic and the online furor.

THE ASSOCIATED PRESS

+ PALMER

U.S. lion hunter has Alberta connection

There appears to be a Canadian connection to a U.S. hunter at the centre of a social media storm for killing a protected lion in Africa. The Bowhunting Records of Alberta list a person named Walter Palmer who legally killed a mule deer in the province in October 2006.

THE CANADIAN PRESS

Officer who killed driver faces murder charges

CINCINNATI

Race could be a factor in traffic stop shooting investigation

A University of Cincinnati police officer who shot a motorist during a traffic stop over a missing front licence plate has been indicted on murder charges, a prosecutor said Wednesday, adding that the officer "purposely killed him."

Prosecutor Joe Deters announced the grand jury indictment at a news conference to discuss developments in the investigation into the July 19 shooting of 43-year-old motorist Samuel DuBose by officer Ray Tensing.

DuBose's death comes amid months of national scrutiny of police dealings with African-Americans, especially those killed by officers. DuBose was black.



From left, family members Audrey DuBose, Aubrey DuBose, Cleshawn DuBose and Terina Allen listen as their attorney Mark O'Mara, left, speaks to the media after murder and manslaughter charges against University of Cincinnati police officer Ray Tensing were announced for the shooting death of Samuel DuBose, on Wednesday in Cincinnati. JOHN MINCHILLO/THE ASSOCIATED PRESS

Tensing is white. Authorities haven't indicated whether race was a part of the investigation. Authorities have said Tensing

spotted the car driven by DuBose and missing the front licence plate, which is required by Ohio law. They say Tensing

stopped the car and a struggle ensued after DuBose refused to provide a driver's licence and get out of the car.

Tensing has said he was dragged by the car and forced to shoot at DuBose. He fired one shot, striking DuBose in the head.

But Deters dismissed Tensing's claim that he was dragged by the car and suggested that he shouldn't have pulled DuBose over to begin with.

A warrant was issued for Tensing's arrest. Deters said Tensing could either turn himself in or officers could arrest him.

Body-camera video of the shooting was also released Wednesday. DuBose's family had been pressing for its release, and news organizations including The Associated Press had sued Deters to get it released under Ohio open records law, but Deters released it before any ruling had been made.

Deters called the shooting "senseless" and "asinine."

"He purposely killed him," Deters said. "He should never have been a police officer."

If convicted, Tensing could face as much as life in prison.

THE ASSOCIATED PRESS

NEW MEXICO

Police dispatcher resigns over call

A teenager who called police but was told by a dispatcher to "deal with it yourself" before being hung up on said Wednesday she was panicked about a friend being shot, but stayed as calm as possible.

Seventeen-year-old Esperanza Quintero told The Associated Press that she wished dispatcher Matthew Sanchez had done more to help after her friend Jaydon Chavez-Silver was shot in June. He later died.

In the recording, Quintero

snaps at Sanchez for repeatedly asking whether Chavez-Silver is breathing.

Sanchez resigned Tuesday, a day after the recording of the call was released. He was employed by the department for 10 years.

Fire Department spokeswoman Melissa Romero said Sanchez had dispatched an ambulance to the scene before he hung up and that it arrived less than five minutes after it was sent.

THE ASSOCIATED PRESS

AFGHANISTAN

Taliban leader died 2 years ago: Agency

Afghanistan's main intelligence agency said Wednesday that the reclusive Taliban leader Mullah Mohammad Omar has been dead for more than two years.

The one-eyed, secretive head of the Taliban hosted Osama Bin Laden's al-Qaida in the years leading up to the Sept. 11 attacks and then waged a decade-long insurgency against U.S. troops after the 2001 invasion that ended Taliban rule.

He has not been seen in pub-

lic since fleeing the invasion over the border into Pakistan.

Abdul Hassib Sediqi, the spokesman for Afghanistan's National Directorate of Security, said Mullah Omar died in a hospital in the Pakistani city of Karachi in April 2013.

"We confirm officially that he is dead," he told The Associated Press. It was not immediately clear why his death was only being announced now.

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ANNIE

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IRAQ

Suicide attacks kill 18

Militants in Iraq used stolen Humvees loaded with explosives to unleash a series of suicide car bombings targeting Iraqi security forces on Wednesday, killing at least 18 Iraqi troops, officials said.

The attacks came as the government pressed on with efforts to reclaim territory under the extremists' control in the embattled western Anbar province.

First, back-to-back suicide bombers rammed their Humvees into Iraqi forces deployed outside Anbar University, near the city of Ramadi, the provincial capital of Anbar. The city is held by the Islamic State of Iraq and the Levant. At least 12 troops were killed in that attack, two officials told The Associated Press.

The officials — one with the Iraqi army, the other with the country's elite counterterrorism forces — also said that eight Iraqi soldiers were wounded in that bombing.

Later Wednesday, another suicide bomber drove an explosives-laden Humvee toward army and paramilitary forces near Fallujah, which lies halfway between the capital, Baghdad, and Ramadi, killing six troops and wounding four others, the officials said.

Iraqi government forces recaptured Anbar University, located 5 kilometres south of Ramadi, from ISIL militants on Sunday. ISIL captured Ramadi in mid-May.

Also Wednesday, clashes continued southwest of Ramadi, killing one soldier and wounding eight others, the officials said.

Some militants were still holed up in some buildings inside the university complex and ground forces have asked for airstrikes, the officials added. THE ASSOCIATED PRESS



Iraqi security forces show off national flags Tuesday after regaining control of Anbar University in Ramadi. THE ASSOCIATED PRESS

Bulldozers move in on contested housing units

ISRAEL

PM announces new housing as Jewish settlers protest at site

Israeli bulldozers began demolishing a contested housing complex in a West Bank settlement on Wednesday as the prime minister's office announced the "immediate construction" of some 300 new units at another location in the same settlement and advanced plans for about 500 new units in east Jerusalem.

The move, which is likely to draw international rebuke, comes amid a standoff in the Beit El settlement, to the north of Jerusalem in the West Bank.

The standoff escalated sharply Wednesday, after the Israeli Supreme Court rejected a petition to overturn its initial ruling to demolish a complex in Beit El and ordered the destruction completed no later than Thursday. The complex was deemed illegal because it was under construction without prior Israeli authorization.

The military moved in and removed protesters holed up inside, but hundreds of Jewish settlers gathered at the



We will build up the land of Israel, but in a legal and appropriate way.

Naftali Bennett, head of a pro-settler party

scene and some fought with Israeli forces, who responded by firing water cannons at the protesters.

Tempers are high among some in the settler community as it marks a decade since Israel's "disengagement" from the Gaza Strip, when Israel in the summer of 2005 withdrew all its civilians and soldiers from all of the settlements there and also from two in the

West Bank.

Israel initially promised to build the 300 housing units in Beit El three years ago, when it ordered the removal of other buildings constructed on private Palestinian land.

The new units announced by Benjamin Netanyahu's office are both in Beit El and elsewhere, including areas in east Jerusalem that Israeli leaders say are inseparable neighbour-

hoods of Jerusalem.

The Palestinians, however, consider them settlements and say construction there is illegal, a position backed by the international community.

Israeli Education Minister Naftali Bennett, head of a pro-settler party, welcomed the announcement of the new units even as he criticized the top court's decision.

"The court's role is to judge; the government's role is to build," he said in a written statement.

"We will build up the land of Israel, but in a legal and appropriate way."

THE ASSOCIATED PRESS



Israeli officers watch over the demolition of a building at the Jewish settlement of Beit El in the West Bank Wednesday. TSAFRIR ABAYOV/THE ASSOCIATED PRESS

WORLD POPULATION

Another 1.2B people on Earth by 2030

Move over: The world's population is expected to reach 8.5 billion by 2030 and 9.7 billion in 2050, a new United Nations report says. And there should be 11.2 billion people on Earth by the end of this century.

Meanwhile, India's population is set to pass China's in size around 2022, according to the report released Wednesday.

The population estimates play a huge role as the international community tries to figure out how to slow the dan-

ger of global warming, while pursuing the goals of eliminating both poverty and hunger.

The current world population is 7.3 billion. China and India each have more than one billion people.

The report says that by 2050 or so, Nigeria will pass the U.S. to have the world's third-largest population, behind India and China. Africa has the world's highest rate of population growth.

THE ASSOCIATED PRESS

IN BRIEF

British man convicted after trying to buy ricin

A British software programmer has been convicted of trying to obtain a chemical weapon after he attempted to buy enough ricin over the Internet from an undercover FBI agent in order to kill hundreds of people.

Mohammed Ali, 21, admitted trying to obtain ricin, but said he was motivated by curiosity after becoming intrigued with it from the TV series Breaking Bad. THE ASSOCIATED PRESS

HUNGARY

Anti-refugee fence to be ready Aug. 31

The construction of a fence meant to stop the flow of immigrants and refugees entering Hungary through its southern border with Serbia will be completed by Aug. 31, the Hungarian government said Wednesday.

Government spokesman Zoltan Kovacs said that Interior Minister Sandor Pinter assured a cabinet meeting that the deadline, which had earlier been set for Nov. 30, could be met.

Close to 100,000 migrants

and refugees have entered Hungary so far this year, compared to less than 43,000 asylum seekers in all of 2014. Over the past few weeks, especially since Hungary built a sample section of the fence on the border, the number of arrivals has gone up, often exceeding 1,500 people a day.

About 80 per cent of the asylum seekers are now from war-torn countries like Iraq, Syria and Afghanistan.

THE ASSOCIATED PRESS

World economy fragile: IMF

FINANCE

Chief says global markets are recovering but face risks

International Monetary Fund (IMF) chief Christine Lagarde says the world economy is recovering, but fragile, and “faces some downside risks.”

In an online news conference Wednesday, Lagarde described the United States as “a strong performer” and China as “resilient” despite a recent drop in Chinese stock prices.

She also expressed optimism for the 19 countries that use the euro. The IMF expects the eurozone economy to grow 1.5 per cent this year and 1.7 per cent in 2016; it expanded just 0.8 per cent in 2014.

“The euro area is beginning to turn the corner.... We have a more upbeat forecast than we have in a long time,” she said.

Lagarde called again for Greece’s creditors to reduce its debt burden. She said Greece needs to enact reforms that



IMF Managing Director Christine Lagarde, speaks during a news conference after the IMFC in April. On Wednesday, Lagarde described the U.S. as a strong economic performer, and predicted growth in China and the European Union. JOSE LUIS MAGANA/THE ASSOCIATED PRESS FILE

will make its economy more efficient and expressed confidence that the IMF can work

with Greece’s left-wing government, which has criticized IMF policies.

“There are lots of things that you say (in politics),” she said. “What matters at the end

of the day is what you do.”

Lagarde noted that a drop in worldwide commodity prices is likely to hurt emerging market economies. And the global economy could face fallout if the Federal Reserve raises short-term U.S. interest rates, which it has kept near zero since late 2008. Fed Chair Janet Yellen has said a rate increase is likely this year. Lagarde has urged the Fed to delay the rate hike until 2016, citing the global economy’s fragility.

The IMF managing director said Japan’s attempts to boost its economy through easy money policies, government spending and economic reforms — an effort called “Abenomics” after Prime Minister Shinzo Abe — “is turning out to be positive.”

Lagarde shrugged off a recent selloff in Chinese stocks, noting that China’s shares are still 80 per cent higher than they were a year ago.

The IMF expects Chinese economy to grow 6.8 per cent this year, fast by global standards but the slowest for China since 1990.

THE ASSOCIATED PRESS

REAL ESTATE

Breaking Bad home being sold for \$1.6M

Two houses featured on the hit AMC-TV series Breaking Bad are up for sale in Albuquerque.

A mother-daughter realty team said this week they are helping sell the home where the fictitious Jesse Pinkman made methamphetamine on the hit show.

The house in Albuquerque’s Country Club area is listed for \$1.6 million.

Susan C. Feil and Alicia Feil Peterson of Coldwell Banker Legacy also listed another house that appeared in the series finale in Albuquerque’s North Valley.

The sales team created a website to promote the houses, which includes the caveat “Meth lab not included.”

Breaking Bad follows former high school teacher Walter White, played by Bryan Cranston, producing methamphetamine with a former student, Jesse Pinkman, played by Aaron Paul. The series ended in 2013.

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VERTICALSCOPE

Torstar buys 56% stake in digital media firm

Torstar Corp. is tapping into the world of niche online forums by picking up a stake in VerticalScope Holdings Inc., a Canadian company that serves the appetites of car fanatics and offers tips to pet lovers.

The publisher of the Toronto Star, which ditched its Harlequin romance novel business last year for \$455 million, is spending \$200 million for a 56 per cent stake in the digital media company.

“We’ve been assessing opportunities to employ capital that resulted from the Harlequin sale for over a year now,” chief executive David Holland told analysts on Wednesday as Torstar reported a quarterly loss.

“It’s an important step forward in the transformation of Torstar, positioning the company for growth in its more digitally oriented future.”

Torstar was hit by another quarter where the downturn of print advertising revenue overshadowed its efforts to reduce costs across the operations. The company reported a loss attrib-

utable to shareholders of \$1.1 million or a penny per share for the quarter ending June 30, compared with a profit of \$19.7 million a year ago.

Operating revenue fell to \$206.3 million from \$225.6 million.

VerticalScope could offer relief from some of the troubles with its more than 600 consumer enthusiast online forums and premium content sites.

VerticalScope is based in Toronto and has about 130 employees.

“The investment in the business pro-

vides Torstar exposure to the U.S. economy, which diversifies us away from dependence on the Canadian economy in our media operations,” Holland said.

“I think the types of collaboration we could imagine may have as much to do with leveraging some of the relationships we have with major auto manufacturers in Canada,” he added.

THE CANADIAN PRESS

IN BRIEF

Yahoo Livetext app aims to make video chat private

Imagine making a video call without other people being able to listen in.

Yahoo is trying to make that happen with Livetext, a new app that seeks to make video calling as private as texting.

Yahoo says video calls can be better than texts for expressing emotions, but their audio component makes private conversations public. With Livetext, you message friends by typing, just like texting, but you see video of friends without the audio.

The app will be released Thursday in the U.S., Canada, Germany, France and the U.K. Versions for Apple and Android devices will be available.

THE ASSOCIATED PRESS

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URBAN ETIQUETTE: ELLEN VANSTONE ON PEEING IN PUBLIC



THE QUESTION

In my country, men's urinals have privacy barriers, but in Canada there are none and I suffer performance anxiety in the washroom. What is your advice?

Dear Ellen,

In my country, men's urinals have privacy barriers, but in Canada, there are none and I suffer performance anxiety in the washroom when I'm trying to urinate. What is your advice?

F.X.

Dear F.X.

I am not familiar with the etiquette of men's washrooms, so I've never heard of this problem. I can tell you that many women are irritated by the lack of stalls in many public venues, which means we have to spend most of our time during intermissions at movies and concerts, and between innings or quarters at sporting events, lining up to wait for a stall — but at least we do have privacy when we finally get into one. So I heartily sympathize with your problem.

I have consulted a male friend from L.A. about this, and he says he's had the same problem. According to him, most washrooms in the U.S. have privacy barriers, except for the urinal at Dodger Stadium, which he describes as basically a "trough."

But when he's in Canada, even when his bladder is bursting, he can't "go" when there are men on either side of him. The thought that they are "checking him out" when he's trying to relieve himself makes it impossible for him to proceed with the business at hand.

His solution is to take out his phone and read his emails, which takes his mind off the men to his left and right. Then he's fine to do what he needs to do. I'm not sure this would work for everyone, but I'm not sure what else to suggest. If other male readers have encour-



Ani Castillo

tered this problem and have any suggestions, I'd love to hear them.

While we're on the topic, I may as well put in a word about the stupidity of equipping public washrooms with cheap toilet paper. Just the other day, I was in a ladies' room where another woman was in a stall, cursing and hurling small bits of toilet paper on the floor, because it kept ripping off in little pieces every time she tried to pull off a few squares from the humungous but unmovable role of tissue in the dispenser.

I commiserated with her, and we discussed what a perfect example this was of false economy. Presumably the management bought

cheap toilet paper to save money, but since management types are not the people who have to pick up millions of little bits of toilet paper off the floor, perhaps they don't realize how much is wasted.

As for women who "hover" over the toilet seat in order to avoid touching it, fair enough. But if you're going to spray all over the seat, it's only polite to wipe it afterwards, in consideration of the next person.

And I hope I don't have to tell anyone, male or female, to wash their hands afterwards, right?

Need advice?
Email Ellen

scene@metronews.ca

THE MICROTREND: One more blow to Ebola



Though Ebola hysteria has blown over, the West African outbreak still has not. But this week saw some good news: The World Health Organization reported only seven new infections, the lowest in more than a year. But don't schedule a goodbye party just yet — the WHO was careful to say about 2,000 people who have been exposed to Ebola in the last 21 days are still walking around in Guinea, Liberia and Sierra Leone — the crisis could reignite any time. SOURCE: WHO

ROSEMARY WESTWOOD

metroview

Here's hoping we're seeing changes to the military's culture

This is it.

Canada's military leadership has the chance to prove that it will spare no one in the fight to rid the forces of sexual misconduct.

The signs so far are hopeful. A high ranking, "up-and-coming" officer — Lt.-Col. Mason Stalker — is facing 10 sex-related charges after a male victim came forward to military police in April.

The allegations stem from Stalker's time as a cadet volunteer in Edmonton between 1998 and 2007.

Stalker will be tried in civilian court and that, says lawyer Michel Drapeau, is a significant move, given the military typically tries the cases internally. Drapeau, who has represented military sexual assault victims, said he now expects civilian trials will be the norm. (A Canadian Forces spokeswoman said military investigators will make that decision on a case-by-case basis). Civilian trials would be a critical improvement, given widespread condemnation of the military's handling of sexual-misconduct allegations, as detailed in the damning report by retired Supreme Court Justice Marie Deschamps, released earlier this year.

The Deschamps report identified a shocking lack of justice amid a culture of "endemic" sexual misconduct — a culture vividly illustrated by former chief of defence staff

Gen. Tom Lawson last month when he blamed the problem on biological wiring.

Despite the fact civilian courts have taken over Stalker's case, the military is — rightly — continuing to investigate. So I hope it will answer a few pressing questions for me: Did others in the military know about the alleged assaults? If so, what did they do with that information?

The military will be judged not just for catching a single big fish, but also by its efforts to smoke out low-level players — those who witnessed, overheard, or otherwise knew about allegations — and punish them.

There will be no cleansing of the military's sexually-poisoned culture until it targets those who look the other way.

Last week, the new top soldier, Gen. Jonathan Vance, foreshadowed the Stalker charges, promising "changes and announcements in the near future" to show he's serious about tackling sexual assault.

I expect, then, not to wait much longer for the results of an ongoing military investigation into an alleged sexual assault at the prestigious Royal Military College in Kingston, Ont., which has already taken over two months.

Here's hoping we're seeing the beginning of deep changes. They can't come quickly enough.

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PHILOSOPHER CAT
by Jason Logan

TOMORROW IS ALWAYS FRESH, WITH NO MISTAKES IN IT YET.





19TH CENTURY CODE

It would be a shock, a terrible shock, to Elinor Dashwood and the other characters in *Sense and Sensibility*, to see this happening.

Unbeknownst to her or author Jane Austen, it seems that hackers from the 21st century are appropriating text from the 19th-century classic novel to spread malicious software.

Researchers from Cisco Security said in a report released Tuesday that literary passages are becoming a new way to hide malicious code that allows hackers unlawful entry into computers and networks.

“Adding passages of classic text to an exploit kit landing page is a more effective obfuscation technique than the traditional approach of using random text,” said researchers in their mid-year security report.

"The use of text from more contemporary works such as magazines and blogs is another effective strategy. Antivirus and other security solutions are more likely to categorize the web page as legitimate after 'reading' such text."

Cisco researchers said encountering references to Austen characters on a web page “may be perplexing but not a cause for immediate concern.”

Jason Brvenik, a Cisco engineer, said it remains a mystery about who is behind the literary hacking or why that novel was chosen over others.

"It is a seemingly random selection but it always from that book," he said.

Still, the technique opens the door for dastardly exploits from computer hackers, according to Cisco.

Hackers can deliver a variety

of malicious “payloads” through these tools, according to Cisco, including “ransomware,” a growing technique that locks a user’s files unless a ransom is paid.

The researchers said this is just one example about how hackers are innovating to find ways around computer protection.

"Hackers, being unencumbered, have the upper hand in agility, innovation and brazenness," Brvenik said.

"We see this time and again, whether it is nation-state actors, malware, exploit kits or ransomware." AFP

Use every hack in the book

If Jane Austen-loving hackers had a malicious sense of humour, here's what their malware quotes would attack:

- **Tinder** “She is tolerable, but not handsome enough to tempt me.” (*Pride and Prejudice*)

- **Snapchat** “Life seems but a quick succession of busy nothings.” (Mansfield Park)

• **Facebook** “I will not torment myself any longer by remaining among friends whose society it is impossible to enjoy.” (Sense and Sensibility)

- **Twitter** “To flatter and follow others, without being flattered and followed in turn, is but a state of half enjoyment.” (Persuasion)

- **Humblebrags** “Nothing is more deceitful than the appearance of humility. It is often only carelessness of opinion, and sometimes an indirect boast.” (Pride and Prejudice)

- **iTunes** "Without music, life would be a blank to me."
(Emma)

HENRIETTA WALMARK/METRO

Author feels instant connection with adventurous new subject

People are always telling author Paula McLain who to write about next. "I'll be at Target and (someone) will say, 'Oh James Joyce had a crazy wife. You should write about that!'" says McLain, whose first book *The Paris Wife*, a historical fiction about Ernest Hemingway's wife became a New York Times best-seller.

Three years later, McLain

is back with another historical fiction book, *Circling The Sun*, this time about Beryl Markham, a glamorous British expat living in 1920s Kenya, who had no shortage of adventures, and affairs.

"I had a million ideas about who to write about next, but for me, there has to be a mysterious, powerful, profound connection," McLain tells us.

"I felt that instantly with Beryl when I read her memoir *West With The Night*."

McLain had never heard of Markham, but she says the connection was immediate. "All the hairs on my arm just stood up and I thought, I don't know who this woman is, but I am going to write about her. That's it. It's done."

She discovered they had amazing connections, such as the fact their mothers had both abandoned them at the age of four and re-entered their lives when they were 20.

McLain says once she realized their common connections, the architecture of the book came together quickly.

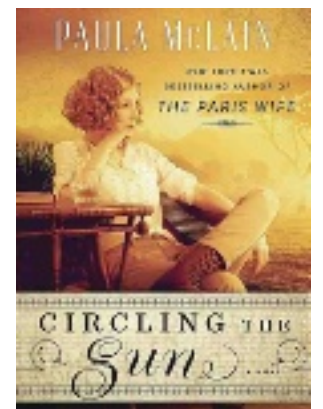
"I knew I wanted to write about her early life as opposed to her later life because I was interested in how she got the way she was," McLain says of her subject.

"Gossip followed Beryl her whole life. It's like, who didn't she sleep with? ...

"I was compelled to psychoanalyze her based on some of my own psychology because we had this piece of the story."

Markham was indeed interesting, becoming the first woman licensed to be a professional racehorse trainer and the first woman to fly solo across the Atlantic from East to West. She had countless affairs, including with a prince.

Markham loved Kenya — “It was truly her Eden,” McLain tells us — but McLain resisted visiting Africa until after the book was written. “You can’t really visit Kenya in 1917, except in your imagination,” she says.



AWKWARD

Hammer didn't know he was nude



Armie Hammer

The joys of young parenthood can sometimes cloud your judgment, as *The Man from U.N.C.L.E.* star Armie Hammer learned.

"I found out today that I have nude pictures on my phone," he tells Jimmy Kimmel. The revelation came after discussing his 8-month-old daughter with a hairstylist. "The lady said, 'Do you have any pictures of your daughter?'" I said, 'Of course! I've got tons of pictures!'" he explains. "I'm going through my phone ... and I get to pictures where ... she's kind of lounging on the sink and she looks like she's having the time of her life. I'm showing her these pictures and I'm like, 'Look at how cute she is! We're in the bathroom. She's just right in the bathtub.' And after showing her these pictures for about 30 seconds I realize that I'm standing fully nude in the mirror of this bathroom as I'm showing her these pictures. As quickly and casually as possible, I went, 'Anyway, you get the picture!'" NED EHRBAR/FOR METRO

Affleck denies dating the nanny



According to *US Weekly*, Ben Affleck is dating his kids' nanny. ALL PHOTOS GETTY IMAGES

RELATIONSHIPS

Who doesn't love a good divorce cliché? Garner, for one



Ned Ehrbar

Here's a classic: Ben Affleck is reportedly following up his split from Jennifer Garner by shacking up with ... his kids' nanny, Christine Ouzounian, according to *US Weekly*.

Weekly.

Come on, Ben. That's just tacky. Have you learned nothing from Jude Law?

Anyway, Ouzounian started working for Affleck and Garner during the couple's alleged secret 10-month trial separation, and sparks just kind of started flying. As they do. "They would hang out without the kids, and they were very flirty," a source says. "She says Ben really, really likes her. She's saying this is true love." Of course she is.

Because a grumpy movie star just out of a 10-year marriage is what relationship stability is made of.

Garner, as you might imagine, was not so pleased when

she reportedly found out about their extracurricular dealings and promptly fired the Arizona State University grad.

But spell-check defier Ouzounian has still been in text and email contact with Affleck and even spent some time at his newly minted L.A. bachelor pad earlier this month. So there.

Affleck, for his part, is having none of this nanny-dating story.

His rep tells *E!* News that the "story is not true. It's tabloid journalism hiding behind blind sources. It's a shameful ploy to stay relevant for the magazine. We are considering legal options." Oh snap.

+ BERRY ON THE BRINK, TATUM'S GAMBIT

Is Halle Berry's marriage on the rocks?

The latest contestant on Hollywood Wedding Ring watch is apparently Halle Berry, who is getting attention this week for showing up for some child-minding duties sans gold band.

And sorrowful sources tell Radar Online that the omission was no mere oversight.

"It seems Halle and (husband) Olivier (Martinez) have finally hit the end of the road," a source says.

NED EHRBAR/FOR METRO



Channing Tatum looking to get out of Gambit

There's potential trouble in superhero land, as Channing Tatum is reportedly eyeing a swift exit from Fox's stand-alone film *Gambit*, about the fan-favourite Cajun mutant, according to the *Wrap*.

Tatum's reps are said to be in active discussions with the studio, but "something is up." Tatum is also involved with the project as a producer, and it's unclear if he'll stay on in that capacity should he bow out of starring.

The film is set to be released in October 2016, and Tatum appeared earlier this month at Comic-Con to hype it.

NED EHRBAR/FOR METRO

BEEF

Drake slugs Meek Mill with diss track, Joe Carter pic

Touch 'em all, Drake.

The Toronto rapper invoked beloved ex-Blue Jays slugger Joe Carter with his latest shot in his ongoing feud with rapper Meek Mill. The Grammy winner issued *Back to Back* overnight, accompanied by a photo of Carter's triumphant trot following his World Series-winning walk-off home run in 1993. Of course, Toronto's opponent that year was Philadelphia — Mill's home town. After *Charged Up*, it's Drake's second lyrical response to Mill, who alleged on Twitter recently that Drake doesn't write his own rhymes. On *Back to Back*, the 28-year-old Drake takes several shots at Mill's relationship to rap titan Nicki Minaj, a longtime cohort of Drake's whom Mill is currently supporting on tour.



Drake

"You love her, then you gotta give the world to her," Drake raps. "Is that a world tour or your girl's tour?" Minaj performed in Toronto on Tuesday and allowed Mill to make a cameo appearance during her headlining set. Several fan-shot videos depict Mill being heartily booed by the partisan Toronto crowd.

Posted early Wednesday morning, Drake's freestyle seems to reference the fresh incident.

"I mean, whoa, can't fool the city man, they know what's up."

THE CANADIAN PRESS

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What they're asking

Want to invest in the condo market? Check out this selection of new builds and pre-construction one-bedroom condominiums. If you're willing to wait a while, buying from plans can save you a bundle.

Duncan McAllister FOR METRO



\$374,000

Ottawa

Cathedral Hill by Windmill Developments is currently under construction at 428 Sparks St., on the western edge of downtown. Featured is the one-bedroom Corus suite at 743 sq. ft. The condo promises exceptional views of the Ottawa River, Gatineau Park, Parliament Hill and Sparks Street. The full range of lifestyle amenities includes an executive concierge. This sustainable development is targeting LEED gold standard, and offers the convenience of downtown living within natural green surroundings. Contact Chantal Smith at 613-566-7010 for more information.



\$233,900

Winnipeg

Phase 1 of Oxbow of Tuxedo Point is a new, multi-unit condo development now under construction on the Sterling Lyon Parkway. \$233,900 is the starting price for a one-bedroom suite, with occupancy slated for late fall 2015. The suites offer engineered hardwood floors, granite countertops and stainless steel appliances. The development by Towers Realty Group and Pre-Con Builders is situated between a retail shopping complex and the greenery of Assiniboine Forest Park. For more information contact 204-255-8436 or visit oxbowcondos.com.



\$255,000

Calgary

Built by the Qualex-Landmark Group, Park Point's 34-storey, mixed-use residential tower features 289 suites and overlooks historic Central Memorial Park, one of Canada's oldest urban parks. Located in the heart of Calgary's Beltline, Park Point will host nearly 9,000 sq. ft. of owner-accessible building amenities atop the tower podium. Residents will enjoy panoramic views of the city and the park, in Calgary's rapidly evolving urban city centre. For more information contact 403-244-2428 or visit qualex.ca.



\$264,000

Toronto

Here's a 482-sq.-ft., one-bedroom suite at Islington Terrace by Tridel, currently in pre-construction in the historic Islington Village neighbourhood. The transit-friendly community offers quick access to the Islington subway station and Mississauga Transit terminal. The building is located close to shopping and restaurants along the Kingsway on Bloor. There's 50,000 sq. ft. of amenity space including a fitness centre, indoor pool and outdoor terrace. For more information call 416-645-8862, or email islingtonterrace@tridel.com.



\$299,900

Halifax

Seapoint is the first landmark condominium at the 22-acre Harbour Isle Waterfront Village. It's currently in pre-construction in Dartmouth, and boasts stylish suites, inspired architecture and active lifestyle amenities. The units will feature large balconies with views of the harbour, the city skyline and the Dartmouth Yacht Club next door. The Bridgewater suite is 940 sq. ft. with a 158-sq.-ft. balcony, available on floors six through 16. Visit gettheseapoint.com for more details.



\$329,900

Vancouver

Kensington Gardens is a new master-planned community by Vancouver developer Westbank. The featured price is for a 568-sq.-ft., one-bedroom condo suite. Each unit features open balconies or terraces. Kensington Gardens is an integrated urban community comprising three unique residential towers, a collection of townhouses and a residential podium, linked by an elevated landscaped courtyard. The development boasts five-star, hotel-quality amenities. Call 604-620-7886 or visit kensingtongardens.ca for more information.



\$310,000

Edmonton

Link condos at Ellerslie is a new, eight-storey midrise building by Regency Developments in the MacEwan neighbourhood of South Edmonton. The concrete and steel structure has 105 suites, and the underground parkade is now under construction to be completed in late 2016. There's plenty of greenery and landscaping. All balconies have natural gas hookups and there's a full rooftop patio. The development is close to amenities with quick access to the rest of the city. For more information, contact 780-497-1700 or visit linkellerslie.ca.

Throw them some shade this season

It's finally arrived — the summer heat is upon us and as much as we like to complain about it, I think most of us are secretly happy we've got some summer sun. With it comes the responsibility to protect our skin, so here are a few helpful shade sources.

DESIGN CENTRE

Karl Lohnes



1 ShelterLogic Sun Shade Sail

Create your own shade system from trees, flagpoles and balconies. Heavy-weight 16-ft. square in lime, \$108, Walmart.ca

2 Outdoor Window Sheer Curtains

Keep the sun off the porch; Velcro tabs make it easy to take them down and wash. \$20, Lowes.ca

3 Balinese Umbrella

Create a royal affair under the sun. \$350, Pier1.com

4 Auto-Lift Round Solar-Powered Umbrella

Opens and closes without the need of a crank while boasting solar lights; both controlled by a remote. Nine feet wide, \$200, CanadianTire.ca

5 Total Sun Block Beach Shelter

Use while watching a soccer game or hanging out at the beach. \$50, BedBathBeyond.ca

6 Bayside Octagon Panelized 12' Gazebo

Got room? Create your own shaded outdoor dining room ... or perhaps a performance stage. \$5,900, HomeDepot.ca

ADVICE

Holmes on home-buying IQ

Mike Holmes, famous for calling out bad plumbing, carpentry and electrical work on the HGTV show Holmes on Homes, says there are steps homebuyers can take to avoid many of those problems.

Holmes has a new show on Fox called Home Free, a competition reality show in which nine couples are challenged each week to restore a run-down home in Atlanta.

They must live on the job site and follow Holmes' no-nonsense instruction. Couples whose work isn't up to code are gradually eliminated, and the last remaining couple wins a home.

Here, Holmes offers some advice for people looking to buy a home:

What's the biggest mistake people make when looking to buy a home?

We buy based on illusion. We don't buy with intelligence. We trust a real estate agent that we don't even know. More than anything, we buy by what we see. "Oh my God, it's got new paint. Look at the curb appeal." I'm trying to impress on people that you need to do as much homework as possible.



Professional contractor Mike Holmes has a new show called Home Free airing Wednesdays on Fox. THE ASSOCIATED PRESS

Take me through a typical scenario of someone buying a home.

Take a couple we'll call Mary and Joe. They decide to buy a house and they get excited, so all of a sudden their emotions change. Mary and Joe start looking on the Internet, they start driving around and picking a property, and then they look for a real estate agent. And when they pick the house they want, then they start looking for a home inspector.

If you plan on buying a property, you should look for a real estate agent first. Find the best real estate agent on the market. Before you start look-

ing at a house, find the best home inspector there is.

How do you find the right real estate agent or home inspector?

Ask, "How long have you been in the business? What areas have you worked in? How many houses have you sold?" In other words, you start by asking a ton of questions, and you want answers. "Do you have a list of references?" Call the references.... To a home inspector, ask, "How long have you been in the business? Did you do construction before you did inspection?"

THE ASSOCIATED PRESS

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WASTE REDUCTION

High-rise models a solution to waste crisis

Every year, Toronto residents put roughly one million tonnes of waste out for the city to collect. Just under half is disposed in landfill, and 53 per cent is diverted from landfill and sent for recycling or composting in the Blue Box and Green Bin.

The Toronto Environmental Alliance started wondering — why is the diversion rate so low?

Every few years, Toronto's Solid Waste department performs audits on residential waste, and TEA looks at its numbers. Its studies show 85 per cent of waste from the average household could be recycled, composted or otherwise diverted from disposal using existing Toronto waste programs.

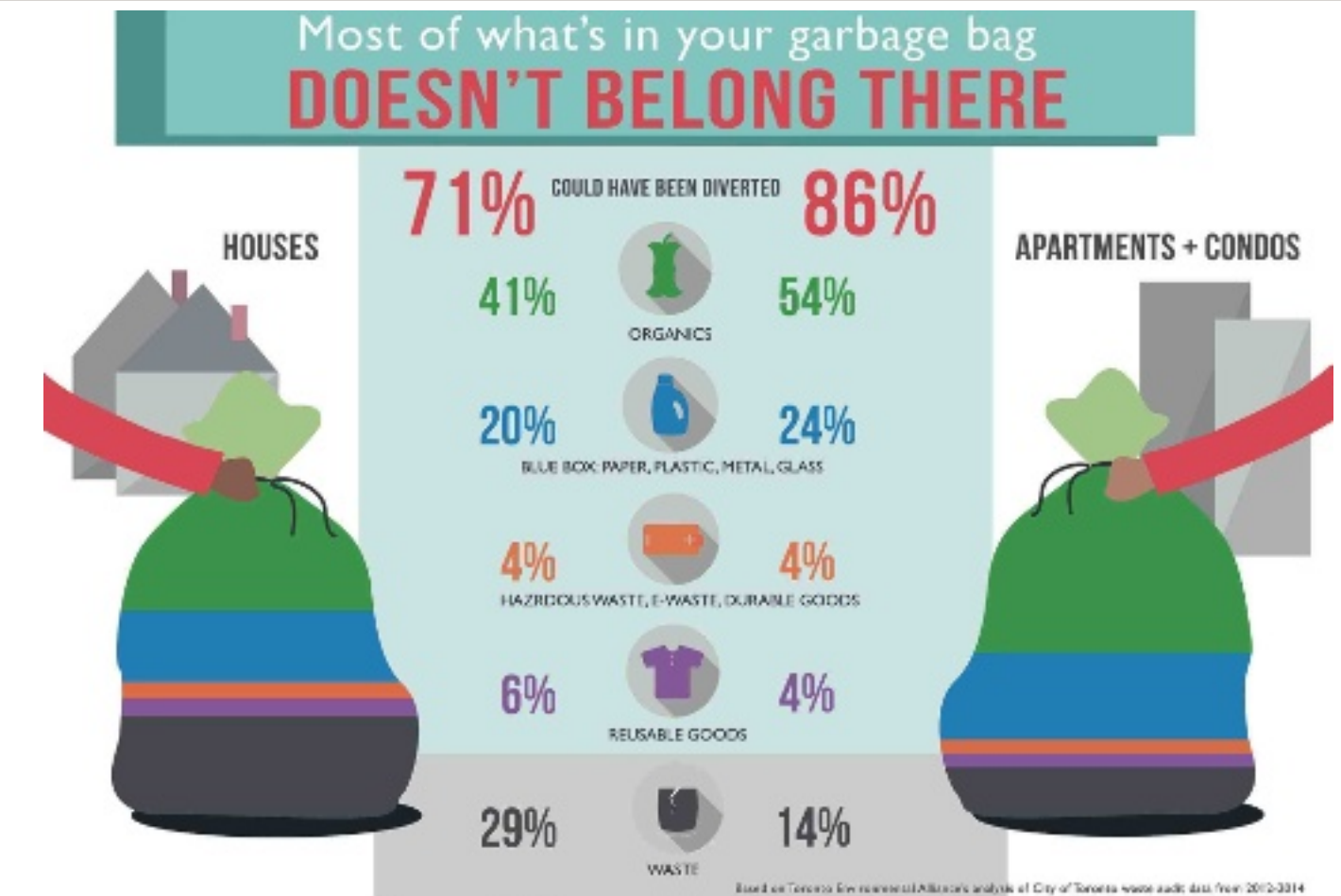
Toronto has a full range of systems and programs to keep things out of landfill, from Green Bins to electronic waste collection, to a Toxic Taxi that picks up hazardous waste and a transfer station that dismantles mattresses for recycling. Residents learn about these programs from annual recycling calendars, an educational website, TTC ads, and a web-based tool called the Waste Wizard.

So why are we diverting only 53 per cent and not 85 per cent of our waste?

Too many recyclables in the garbage bag

Looking more closely at the city's numbers, TEA found that though most people use the Blue Bin and Green Bin, they're still throwing out recyclables and compostables in the garbage bound for landfill. In fact, there is more recyclable and compostable material in a garbage bag than actual garbage.

Among the half of Torontonians who live in apartments and condos, about 85 per cent of what they throw in the garbage shouldn't



be there. That's mainly because most apartments and condos in Toronto still don't have Green Bins to collect their food waste.

But the picture isn't much better for people who have Green Bins and Blue Bins picked up at the curb. Roughly 70 per cent of what's in their garbage bins shouldn't be there.

So, what does this mean? If faithful users of the Blue and Green Bins are still getting it wrong, are they being asked too much? Is it unrealistic to push for higher diversion rates?

The answer, thankfully, is no, and there is an example right here in Toronto that proves it.

Waste diversion champions in apartments and condos

In the world of waste reduction, high-rise apartments and condos are an especially difficult nut to crack. High-rise buildings frequently have lower diversion rates than houses, and this is the same in Toronto. There are many theories why — from building design and easy access to garbage chutes, to lack of Green Bins, inadequate education and language barriers.

But, in the northern corner of Scarborough, a high-rise building in Malvern is showing that not only can high-rise buildings divert more of their waste, they can divert more than most houses. Mayfair on

the Green, a 283-unit condo with more than 1,000 residents, is diverting over 80 per cent of its waste, putting out just one dumpster of garbage per month.

This isn't a flashy new green condo, showcasing the latest in sustainable technology. This is a typical Scarborough high-rise condo, 25 years old, with a single garbage chute. TEA staff and volunteers visited the building to find out what made this building so successful at reducing, reusing and recycling their waste, and the answer is refreshingly simple: dedicated staff and ongoing education.

CONTINUED ON PAGE 2

ONTARIO'S PATH TO FUTURE PROSPERITY

Every year in Ontario, more than nine million tonnes of valuable resources leak from our economy and this number has grown dramatically over the last two decades.

These resources are the waste created through our take, make and dispose pattern of consumption — a linear model that treats our resources and energy as limitless and dis-

posal as inexpensive. According to Statistics Canada, every year Ontarians generate more than 12 million tonnes of garbage (enough to fill the Rogers Centre almost 16 times) with more than three-quarters of it sent to disposal.

This may be surprising to many as Ontario is the birthplace of the iconic Blue Box, an

international recycling success story, which has been lauded by the United Nations. Residents pride themselves on sorting their recyclables every week and substantial progress has been made in this area.

However, despite some successes, Ontario's overall recycling rate has essentially flat-lined for the last two decades with a low recycling

rate in the business sector being the primary contributor. Ontario, like many other jurisdictions around the world, increasingly understands that this linear economic model not only hurts the province's competitiveness but also its future prosperity.

CONTINUED ON PAGE 4

CHANGE IS POSSIBLE

CONTINUED FROM PAGE 1

How 430 Mayfair on the Green got so green

Princely Soundranayagam has been the building's superintendent for more than 15 years. He saw a big opportunity to reduce waste using the city's existing diversion programs.

He also knew diversion actions had to be simple for residents to use them. With full support from the building manager, Ed Lynn, Princely began distributing flyers, and going door-to-door to talk with residents about new recycling and waste systems in the building.

The building's garbage chutes are now used exclusively to collect organics and food waste. Residents drop off recycling and garbage downstairs, where they can

also recycle electronic waste, cooking oil and hazardous waste like cleaners, batteries and old paint.

Residents place old household goods, books and clothes they no longer want on a designated sharing shelf. If another resident hasn't taken it within a few weeks, the goods are donated to a charity.

The efforts have paid off: The building used to spend over \$1,500 a month on waste collection, but their recent bills have been under \$150, dropping the annual waste costs by thousands.

This success story is about more than just a few recycling signs and more bins, it's about creating a culture of waste reduction. Plentiful signs (in many languages) and regular feedback to residents ensures that everyone has the information they need. The staff practices what it preaches — the office and shared library are furnished with reused furniture, books and plants.

Building staff and residents are proud of what they've achieved — sharing the success (and the savings) is a key part of keeping the momentum up.

430 Mayfair on the Green is not the only

high-rise building with higher diversion rates, but it is far ahead of the pack.

They've shown that people succeed in diverting waste when it's easy, when they see and understand the benefits, and when they have ongoing education and support to keep improving.

What does this mean for Toronto?

With a growing waste problem and dwindling landfill space, Toronto is developing a long-term waste strategy to determine what to do with waste over the next half century. Some think we need to look at expensive disposal technologies, such as burning our waste, or building another landfill.

The Mayfair on the Green example shows another option.

The good news is that Toronto already has the diversion programs to drastically reduce garbage, and to get on the path to 85 per cent diversion. What we need now is to learn from and share the success of buildings like Mayfair on the Green, which are showing that high diversion rates are within reach.

To read more about waste reduction in Toronto, visit torontoenvironment.org.



Superintendent Princely Soundranayagam shows where the building's Green Bin waste is collected from the organics chute. HOLLY THOMSON, TEA

Toronto Environmental Alliance (TEA) is a non-profit grassroots environmental organization with more than 50,000 supporters across Toronto. We advocate for a green, healthy and equitable city.

RECYCLING COUNCIL OF ONTARIO

SPONSORED

Thinking outside the Blue Box

In the early 1980s, Ontario launched the world-renowned Blue Box recycling program in Kitchener. Today it serves 95 per cent of the province's population; helps divert two million tonnes (37 per cent) of materials to recycling; generates 2,500 full-time jobs; and reduces greenhouse gas emissions by 5.5 million tonnes, which is equivalent to 1.2 million cars off the road.

While the performance of the Blue Box program can be celebrated, when looking at other jurisdictions' residential recycling rates, Sweden (49 per cent) and Germany (62 per cent) for example, it's easy to see that improvements can be made. And when residential and non-residential recycling rates are combined, Ontario has sat at 25 per cent for more than a decade.

Why do other places outperform Ontario? Landfill availability in Ontario and the U.S. is a cheap disposal option. Ontario has fewer regulations that require more reduction and recycling. Most importantly, while local governments encourage, support, and pay for recycling at home, there is little support or regulation directed to businesses and institutions.

Of the nine million tonnes of waste disposed of annually in Ontario, 3.2 million tonnes (36 per cent) is generated by the residential sector (homes, condos, and apartments); 5.7 million tonnes (64 per cent) is generated by the non-residential sector (restaurants, office towers, hospitals, hotels etc.). Businesses only collect 13 per cent (900,000 tonnes) of the material they generate for recycling.

The disparity can be attributed to service.

Municipalities use tax revenue to make infrastructure and program investments to collect and divert materials generated by homes. Motivated by their requirement to protect the environmental and human health, municipalities are responsible for cost and liability of disposal; generally do not want to invest in digging new landfills or building incinerators; and take pride in their recycling and composting service.

Conversely, businesses and institutions do not have subsidized recycling services, and have minimal regulatory requirements to reduce the amount of waste going to landfill. They have to individually manage their buildings and properties, typically seeking private service to support recycling or waste programs. Ontario has waste laws, but the language is vague, there are no minimum targets, and there is virtually no enforcement.

This presents an opportunity to tap into the resources currently being lost to disposal from the non-residential sector. How can Ontario improve?

Procure goods and services that support waste reduction

Every public and private organization buys goods and

services. Gaining a better understanding of how purchasing affects waste reduction results presents opportunity for change. Buying products and packaging that is readily recyclable from a supplier or, better yet, requiring a supplier to take back the product and its package for recycling will incent more recyclable products to go to market and support the recycling industry.

Requirements and support

To achieve results, regulatory requirements that include minimum recycling rates and resources on how to improve are needed. Boosting the non-residential recycling rate to

the same level as the Blue Box program could mean 2.3 million more tonnes recycled, which is equivalent to taking 1.5 million cars off the road in terms of greenhouse gas reduction.

Changing the economics

Landfill levies generally make it more costly to dispose of items than recycle them. Both Manitoba (\$10/tonne) and Quebec (\$20.69/tonne) have adopted this polluter pay principle. These funds are then dedicated to improve waste reduction and composting activities. If Ontario applied a \$10 levy, it could make more than \$50 million available for recycling infrastructure, pro-

grams, research, and market development.

Prevention

Banning materials that have recycling options or are potentially toxic from disposal is direct and effective improvement. Recycling industries need a guaranteed supply of materials to support their operations. Simultaneously, by banning materials from disposal, governments signal to collection, transport, and recycling industries there is a market opportunity, which will spur additional investment.

Shifting Responsibility

Jurisdictions with successful environmental policies use regulation to require manufacturers and sellers of products to be responsible for collection and recycling. The intent is to shift responsibility from the end-user/consumer and encourage ease of recyclability of a product. Manufacturers, like recyclers, need material for their processes, and having them work together means discarded materials gain value and are recovered.

The benefits of recycling have remained constant. What needs to change is the thought process when things are discarded. The Blue Box has presented an important first step. After 30 years, it's time to think outside the box and apply new approaches to waste reduction.

Jo-Anne St. Godard is Executive Director of Recycling Council of Ontario, a not-for-profit, membership-based organization involved in policy, education, and project work around the issues of consumption, waste generation, reduction and diversion, and recycling.

Diverting waste from landfills, waterways

It is aging quietly in your storage locker, garage or basement — but taking up valuable space — the leftover paint you were saving for “touch ups,” but that was two renovations ago! Product Care Association’s PaintRecycle program solves the problem of what to do with leftover paint.

The PaintRecycle program includes more than 250 municipal and retail permanent collection sites, as well as more than 100 municipal one-day events mainly occurring from June through December. Dropping off waste paint for Ontario residents at any of these collection sites is free. For more information visit Product Care’s website: regeneration.ca or your local municipal website.

As much as 10 million litres of paint is left over in Ontario every year, enough to fill four Olympic-sized swimming pools. The PaintRecycle program commits to recycle as much of the collected paint as possible ... back into paint.

After being collected, sorted for quality and colour, and then filtered and reprocessed, a very good quality paint product is the result — with several brands already on the market.

The PaintRecycle program is an example of “Extended Producer Responsibility” (EPR),

the modern approach to waste management that puts the onus on manufacturers, retailers and first importers (collectively referred to as “stewards” according to provincial legislation) to develop a comprehensive strategy through which end-of-life products are diverted from landfills and waterways.

Product Care’s members, who are the “stewards” of paint products in Ontario, cover the cost of the PaintRecycle program through their membership in Product Care, a not-for-profit organization that started managing the paint recycling program in Ontario at the end of June 2015.

“We were asked by the paints and coatings industry in Ontario to submit a paint recycling program to the provincial regulators,” says Mark Kurschner, Product Care Association’s president. “The fact is, most paint manufacturers and retailers in this province know us from programs in other parts of Canada. They recognize that Product Care has developed and managed numerous successful recycling programs over more than 20 years, and will continue to do so for the years to come.”

CONTINUED ON BOTTOM OF PAGE 4



Paint cans being unloaded at a collection site. CONTRIBUTED

Got leftover paint? Recycle it!

Getting rid of leftover paint is easy and it's free for residents!*

To find a collection site near you, use our depot finder at ReGeneration.ca

A simple line drawing of two stylized human figures. The figure on the left is holding a paint can and handing it to the figure on the right, who is also holding a paint can. They are standing on a dark, irregular shape that represents a splash or a pile of paint.

ReGeneration
Special waste recycling by Product Care

PaintRecycle

*Some restrictions may apply.

Ontario looks at new waste diversion law

CONTINUED FROM PAGE 1

"This linear approach is neither sustainable given our finite supply of resources, nor is it in our long-term economic interests," says Rob Cook, CEO of the Ontario Waste Management Association. "Along with environmental costs, there are economic costs embedded in the bills we pay and the lost opportunities of throwing away the very resources our economy needs to grow."

A number of recent reports have underlined the positive environmental and economic opportunities associated with a more circular economic approach, including a Conference Board of Canada Report, which identified increasing reuse and recycling could support close to 13,000 new jobs in Ontario and boost the provincial GDP by \$1.5 billion.

That economic opportunity combined with enormous environmental opportunities, including significant reductions in greenhouse gas emissions, is motivating jurisdictions around the world. For example, the European Union (EU), representing 28 European member countries is in the process of finalizing a legislative plan to help transform Europe into a more competitive resource-efficient economy.

The plan, which is due out before the end of the year will cover the whole value chain, from producer through to the end user, and focus on concrete measures aimed at 'closing the loop' of the circular economy.

"The initiative has gained a broad level of support, not only from the environ-

mental community, but businesses as well as local authorities. A circular economy is viewed as fully compatible with the jobs and growth agenda, which is currently a priority in Europe," says Clarissa Morawski, managing director of Reloop Platform. "Producers are also keenly aware that a circular economy means greater access to resources in the future."

Ontario has expressed its intention to bring forward new waste diversion legislation, likely in the fall, which will set the framework for a circular economy and address the major problems that have plagued recycling programs.

The first step will be to create a new approach for "extended producer responsibility," which means that the company who creates a product or package must recycle it. The current approach has restricted innovation and economic efficiencies; allowed companies to offload costs directly onto consumers through fixed fees; outcomes have lacked proper oversight and enforcement; and many recyclers have been forced out of business due to monopoly organizations controlling the marketplace.

A new approach should take the best approaches from other jurisdiction and in doing so, Ontario can again become a leader — make individual companies responsible and accountable to meet rigorous recycling outcomes that drive value creation; ensure adequate resources to oversee these outcomes and the teeth to enforce compliance; and allow for innovation and efficiency by ensuring competition.

It will also be important for the legislation to acknowledge the portfolio of regulatory or non-regulatory tools available to drive change. Disposal bans, disposal levies, requirements on businesses to recycle and compost are all tools that can be employed and have been successfully implemented in other jurisdictions. The government also has the ability to drive change through its own procurement activities.

"Ontario has a unique opportunity through this legislation to improve resource efficiency; reduce our environmental footprint; increase productivity; and drive local jobs and economic growth," says Cook. "We think that is something everyone can get behind."

Why more recycling is good for Ontario's economy



New Material Recycling Facility in Toronto. The largest of its kind in North America. CONTRIBUTED

PaintRecycle: modern approach to waste management

CONTINUED FROM PAGE 3

The EPR model has proven effective in other regions of Canada, including British Columbia, where the same "PaintRecycle" program that launched in Ontario on June 30 this year, was first implemented back in 1994.

The success of EPR is attributable, in part, to a shift in perspective about the nature of accountability related to end-of-life products, like paints and coatings. Under the EPR model, product recycling

programs are managed by industry and are not funded by any governmental tax or subsidy.

"The PaintRecycle program adopts the philosophy that the responsible recycling of end-of-life paints and coatings is just another constituent cost of the product," says Gary LeRoux, president of the Canadian Paint and Coatings Association, whose membership largely comprises participation in, and funding of, the PaintRecycle program. "Rather than perceive recycling as some sort of add-on or afterthought,

it becomes an integral component of the product itself. Consumers in Ontario should know that every time they purchase a paint product in this province, provisions for its responsible disposal have already been made."

As new products continue to be captured under emerging and expanding provincial recycling regulations, it is likely that the recycling programs developed by Product Care and other EPR management organizations will serve as proven roadmaps for the way forward.



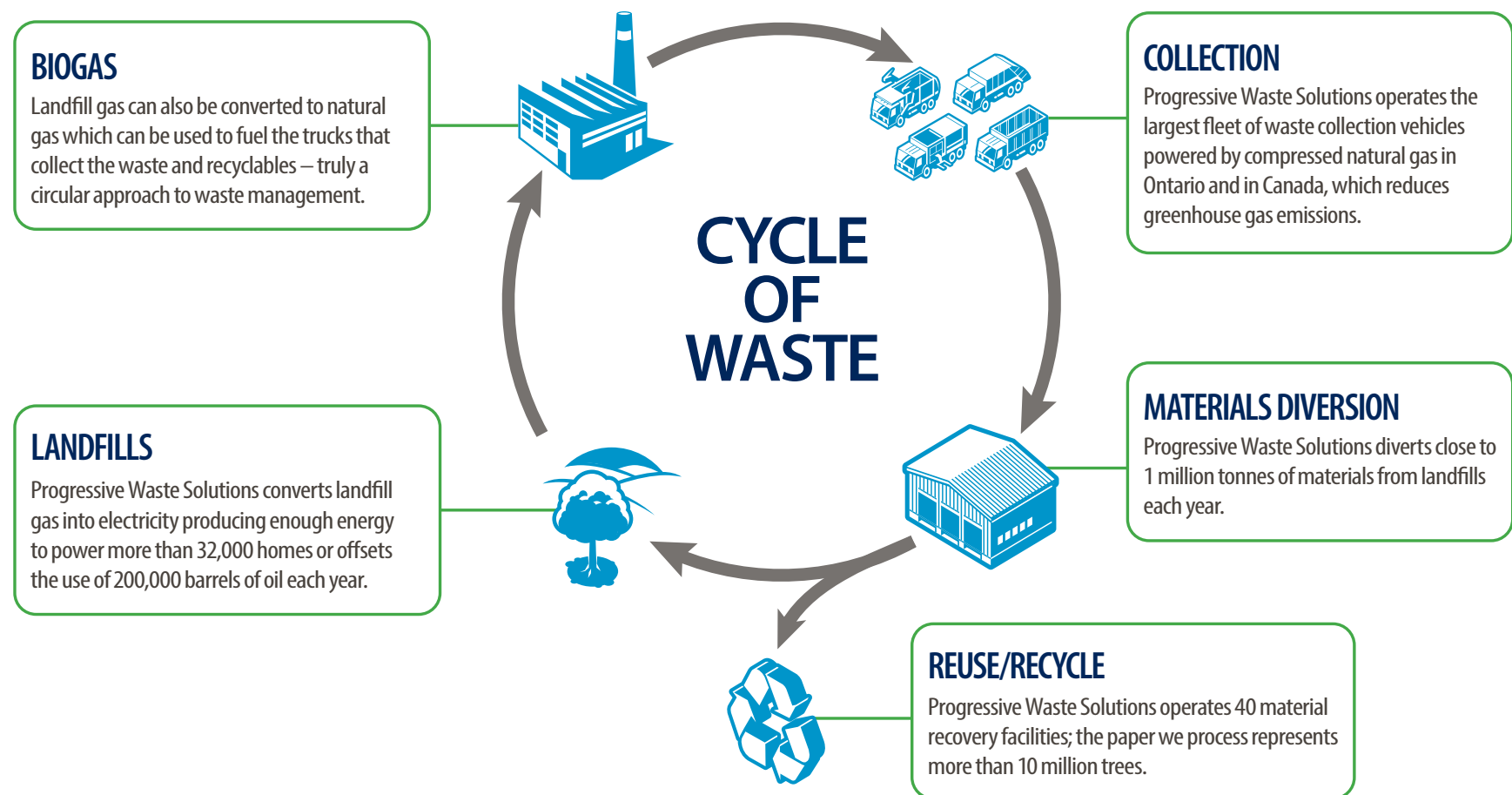
Collected paint cans ready for recycling.

CONTRIBUTED

Creating a Circular Economy from Waste



Progressive Waste Solutions is committed to creating a more sustainable future. The recyclable materials that Ontario generates are valuable resources that, through our strengths in logistics and investments in infrastructure, we collect and process in an environmentally responsible way so that they are beneficially reused or recycled for new products.



For more information on how we are progressive, please visit:
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Give old electronics a new life and help preserve our planet

Technology is amazing — it powers our world and connects us to friends, family and information. Every time we turn around there's a new gadget that's faster and cooler than the last one.

So what happens to our tech when we're not using it anymore? It doesn't seem right to just trash it or stash it in a drawer. And we shouldn't. Just because our electronics are out of use, doesn't mean they are worthless. They are filled with fascinating and reusable materials like plastics, rare earth metals and precious metals that can be recycled through a process called urban mining.

Urban mining is the process of extracting these precious metals and rare earth metals from recycled electronics without mining in ecologically sensitive areas.

Not only is it better for the environment,

but in some cases urban mining is actually more efficient than traditional mining.

Consider this: One tonne of recycled smart-phones yields 324 times more gold than the same weight in ore from a traditional mine.

The earth is reaching out for your help. Will you answer the call?

Recycle Your Electronics, operated by Ontario Electronic Stewardship (OES), is your go-to resource for electronics recycling. OES prevents old electronics from being illegally exported or handled by irresponsible recyclers. OES makes it easy too. In fact, 96.5 per cent of Ontarians live within 10 kilometres of a collection depot. To find the nearest drop-off location or to download educational resources, visit RecycleYourElectronics.ca

The year 2009 marked the beginning of Ontario's waste electrical and electronics



Rare earth metals and precious metals in old electronics can be recycled through a process called urban mining. SHUTTERSTOCK

equipment (WEEE) diversion program. Since that time, Ontario Electronic Stewardship has successfully diverted approximately 67 million devices from landfills.

OES remains dedicated to running a program that is effective, efficient and convenient

for everyone who calls Ontario home. OES helps recover valuable resources that can be put back into the manufacturing supply chain.

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TAKING CHARGE

Recycle your single-use batteries

In 2007, Ontario's collection rate for used single-use household batteries was less than 5 per cent of batteries sold in Ontario.

In 2014, with momentum driven by industry incentives provided through the Stewardship Ontario Battery Incentive Program; municipalities, Raw Materials Company (RMC) and most importantly consumers have pushed Ontario's collection rate to 24 per cent.

Our patented alkaline battery recycling technology is able to upcycle over 88 per cent of a battery's contents into new products that are used in the steel and agricultural industries. No materials are landfilled and all of the recovered materials are consumed within a few hundred kilometres of RMC's ISO 14001 processing facility.

Raw Materials Company offers convenient and innovative recycling programs to ensure that single-use batteries are diverted from Ontario landfills. Aside from the 4,000 free drop-off locations at retail, non-profit and municipal locations, the most popular and convenient program for consumers has been curbside battery recycling. Working in collab-



Incentives have increased collection rate for used batteries in Ontario. SHUTTERSTOCK

oration with 56 municipalities across Ontario, Raw Materials Company helps to facilitate the collection of single-use household batteries at the curbside for 678,929 homes. Industry stewards fund the incentive program through Stewardship Ontario and municipalities can use the incentive to offset the delivery costs of the curbside battery program.

If you're planning to do a little work around the house this long weekend, do yourself and the environment a favour and round up all of your used single-use batteries.

The best place to keep them is in a non-conductive plastic container in a cool, dry place out of the reach of small children. Once you're ready, visit rawmaterials.com and use the handy search tool to find a free recycling point near you.

Wasted energy

Medical waste is a potent power source

Many Ontarians may assume that waste from medical facilities is kept out of landfills and disposed of in a way that keeps potentially dangerous pathogens from seeping into the environment. Not so.

The disposal of biomedical waste — blood and other bodily fluids from humans and animals, microbiology laboratory waste, and sharps such as needles and blades — is regulated by Ontario's Ministry of the Environment and Climate Change under Guideline C-4.

The guidelines outline how biomedical waste is to be segregated from other waste, stored or shipped, and ultimately disposed of. Sharps, for example, are sterilized in an autoclave, while other biomedical waste is incinerated.

However, items that contain blood and human waste such as bandages, cleaning wipes, incontinents and bed liners are not classed as biomedical waste and routinely thrown into garbage bags and sent to landfills.

Those bodily fluids may contain infectious pathogens that could pose a danger to the environment and to human health, argues Jayne Pilot, CEO of Pilot Performance Resources Management Inc. and an expert on biomedical waste disposal and international environmental standards.

The National Centre for Emerging & Zoonotic Infectious Disease estimates that one in every 25 patients has an infection related to hospital care. Disease management is increasing in Ontario with Ebola Virus, staph infection.

"When you close off a garbage bag with these items, you now have an environment (food, warmth, darkness) for the growth of those diseases," Pilot says.

In May, Pilot issued a white paper entitled "Health Care Waste Diversion and Destruction — Disposal Decision — Ensuring Health and Environmental Safety," in which she calls for all waste from health-care facilities to be incinerated and produce electricity.

When health-care waste carrying infectious bacteria ends up in landfill, it not only sits in an ideal environment for growth, but vectors such as mosquitoes, insects, birds, rodents and roaches, which feed on this waste, are carriers to spread disease, Pilot warns.

The solution is reducing risks through the total destruction of all health-care waste through Energy from Waste (EFW) — burning waste to produce electricity — removing these pathogens in landfills and possible spreading of pathogens to agricultural lands and waterways, or are spread by scavengers.

Hospitals throughout Europe have been burning all health-care waste for years, Pilot says. While hospitals in Ontario once had incinerators, they were not built to handle metals, plastics and other materials and, if they weren't upgraded, they were eventually closed.

But a facility run by Emerald Energy from Waste in Brampton, Ont., has been incinerating waste since 1992. It produces enough electricity to run its own operations and generates steam for the nearby Norampac paper mill. Opening other such facilities across the province will ensure that no health-care waste will end up in landfills, Pilot says.

"The more I talk to people, the public, they are flabbergasted that waste from hospitals and health-care facilities goes to a landfill," she says. "They're shocked."



The facility in Brampton, Ont. has been incinerating waste since 1992. It produces enough electricity to run its own operations and generates steam for the nearby Norampac paper mill.

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Take the celebration outside

SUMMER FUN

Rain or shine, throw your best backyard bash yet

Andrea Janus
For Metro

An outdoor party is a great way to bring together family and friends during the precious few hazy days of summer.

After you've set a budget and a guest list, create the setting, experts say. Treat your outdoor space as you would an indoor room.

Define zones for lounging and eating with area rugs to "tells guests where they should be doing these activities," says Melissa Davis, principal at Melissa Davis Designs. Waterproof rugs will withstand the weather, foot traffic and spills.

Whether you set a formal dining table or offer food buffet-style, put out cutlery,

and a range of flatware and glasses so guests can eat with ease.

To avoid broken glass in the backyard, the dollar store carries a range of dishes and utensils that look like the real thing but are, in fact, plastic.

For an evening affair, create lounge areas with some round or square poufs, candles and throw blankets, says Catherine-Lucie Horber, principal of Royal Interior Designs Ltd. and a some-time party planner.

"It's inviting, it's cozy, it's romantic," Horber says. "You want to have a party that people will talk about and remember."

Your guests will thank you if you add an outdoor heater on a chilly night, and mosquito-zapping lanterns or candles to keep bugs at bay.

Lighting is also key for any nighttime event. Strings of lights with round bulbs can look festive without looking Christmas-y, and spotlights are great for illuminating far corners of a backyard "so your guests aren't staring out at an abyss," Davis says.

For a daytime party, offer seating options in both the sun and the shade. If you don't have a retractable awning, an umbrella that can be tilted as the sun moves can be put anywhere around the yard.

Meanwhile, when considering your menu, go with lighter fare that will "cool you down a little bit," like a watermelon feta salad and Caprese salad skewers, advises Candice Sinclair, owner of A Sinclair Affair event planning in Toronto. Easy-to-carry options include mini grilled-cheese sandwiches and sliders.

For Canada Day, pick up some strawberry meringue tarts or strawberries dipped in white chocolate, while kids can enjoy sandwiches made using maple leaf-shaped cookie cutters, Sinclair says.

A bar cart can serve as a one-stop shop for drinks.

And last but not least: make sure you have a back-up plan in case of inclement weather.

If rain appears in the forecast, Horber recommends moving some furniture from

your house into the garage or basement and moving the bash indoors.

If you've got a bigger budget, a tent is always an

option, though an expensive one. A tent rental can run from \$800 to \$6,000, says Sinclair.

On a particularly hot day

you'll need air conditioning, and if it's going to rain, Sinclair says flooring for the tent is a must so guests' feet don't get soaked.



Whether you set a formal dining table or offer food buffet-style, put out cutlery, and a range of flatware and glasses, so guests can eat with ease. SHUTTERSTOCK

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Ottawa



Keep in mind the safety procedures involved in a successful day on the water. PHOTOS FROM HUTTERSTOCK IMAGES

Keep safe during your summer boating fun

BE PREPARED

Safety tips to ensure a fun day out on the boat

Boating is one of the most popular summer activities in Canada.

Whether at the cottage or planning a trip out with family or friends, it is important to keep in mind the safety procedures involved in a successful day on the water.

Each year there are around 100 boating related fatalities in Canada.

Here are some safety tips that will help ensure a safe and fun day out on the boat:

- Always wear your life-jacket or PFD while on or near the water.

- Take a boating safety course.

Learn the basics of boating safety and understand the "Rules of the Road." If operating a motorized boat, get a Pleasure Craft Operator Card or another approved form of operator competency. It's the law. Remember to bring your proof of competency with you on board.

- Be prepared. Check that you have all required safety equipment onboard, that it works well and is within easy reach. If you find missing or broken equipment, fix or replace it before you go.

- Make sure that your boat,

if powered by a motor of 7.5 kW (10 hp) or more, has a pleasure craft licence. This licence is free and is good for 10 years. In an emergency, Search and Rescue personnel can use this number to access information about your boat 24 hours a day, seven days a week.

- Check local weather forecasts and be ready to change your plans if the weather turns bad.

- Know the waterway. Reefs, stumps, rocks, changing water levels and sandbars are some hazards you need to know about. Carry local marine charts, if available, or ask someone who knows the waterway well, about any hidden hazards.

- Give someone you trust a sail plan that includes where you are going and when you will be back.

- Check your fuel supply. Remember the rule: 1/3 to go, 1/3 to return and 1/3 in reserve.

- Follow the guidelines for weight and passenger limits listed on its compliance label.

- Always wear a Canadian-approved lifejacket while boating. It could save your life. Make sure it fits properly and that all buckets, straps, zippers and fabric are in good condition.

- Stay sober. In Canada, operating a boat while impaired is dangerous and illegal.

NEWS CANADA



Alcatel-Lucent

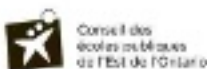


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Pens deeper with recent moves



Additions to the Penguins forward corps could take the offensive load off the shoulders of Evgeni Malkin, left, and Sidney Crosby. JUSTIN K. ALLER/GETTY IMAGES

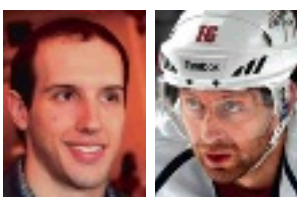
NHL Forwards Kessel, Fehr, Bonino all added in July

Forget about the March of the Penguins. This is the July of the Penguins.

Pittsburgh general manager Jim Rutherford has completely revamped his forward group this month, adding more star power on the wing in Phil Kessel and plenty of depth with centre Nick Bonino and forward Eric Fehr. While the Penguins looked on shaky ground with difficult salary-cap situation after a first-round exit, they could now be primed for another few long playoff runs.

That's a strong possibility because the Penguins still have Sidney Crosby and Evgeni Malkin in their primes and because Rutherford has gone about addressing past problems. Now there are enough established veterans and young players with potential to overcome cap issues and injuries if they arise this season.

"Based on what we went through last year with a number of injuries and everything, I like our depth at forward now," Rutherford said on a conference



Nick Bonino, left, and Eric Fehr GETTY IMAGES

call Tuesday. "We do know that injuries are going to play a part here, and some of these (young players) are going to get their opportunity."

Last season Pittsburgh dressed 24 different forwards because of injuries and trades. Many were far from productive, leaving Crosby and Malkin to shoulder the bulk of the offensive load.

On opening night the Penguins could feature a top nine of Crosby, Malkin, Kessel, Bonino, Chris Kunitz, Pascal Dupuis, David Perron, Patric Hornqvist and Beau Bennett, with Fehr stepping in once he's back from elbow surgery. And those spots aren't set in stone, as Rutherford expects a competitive training camp and season under coach Mike Johnston.

"It's not like guys are automatically put in a top-six or in the top-nine," Rutherford said. "We have

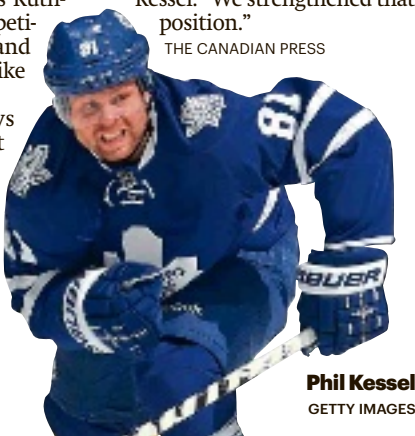
enough good players now that guys are really going to have to compete for those spots and compete for them all year. If a guy falls off, there's a guy waiting to jump right in there."

Put 2012 pick Oskar Sundqvist and free-agent addition Sergei Plotnikov in that category along with second-year players like Bryan Rust, Scott Wilson and Bobby Farnham. Rust, Wilson and Farnham don't have flashy skill, but Rutherford believes the Penguins' bottom six is better than it has been.

Part of that has to do with trading Brandon Sutter to the Vancouver Canucks for Bonino, a move that saved enough cap space for the Penguins to sign Fehr to a \$6-million US, three-year deal.

"When you look at the structure of our salaries and our cap, it's important to get those bottom-six cap hits in better shape," said Rutherford, who took on \$6.8 million a season for the next seven years by acquiring Kessel. "We strengthened that position."

THE CANADIAN PRESS



Phil Kessel GETTY IMAGES

We made a huge impact when we added Phil Kessel. He's a very powerful skater with a lot of speed.

Penguins GM Jim Rutherford

MLB Tulo looking forward to future with Jays

Troy Tulowitzki is recovering from the shock of being traded, but he's ready to start winning.

The Blue Jays' newly acquired shortstop made it clear that he's ready to get down to work after Tuesday's blockbuster deal that sent him and reliever LaTroy Hawkins from the Colorado Rockies to Toronto in exchange for shortstop Jose Reyes, reliever Miguel Castro and minor-league pitchers Jeff Hoffman and Jesus Tinoco.

Tulowitzki, who played his entire 10-year career in Colorado, had long heard ru-

mours about being traded but expected Rockies ownership to tell him if he was going to be moved.

"To be with a different organization now is shocking," Tulowitzki said on Wednesday afternoon. "At the same time, I'm looking forward to the future because I see a winning team, a winning culture. I know they haven't won a World Series here in a while, so to be a part of something like that would be memorable."

"I think that's what you play this game for, to win. I think

+ FRESH START

In his Rockies debut, Jose Reyes was 1-for-3 with a walk and a stolen base. The four-time all-star batted second and singled in his first at-bat for Colorado.

THE ASSOCIATED PRESS

there's a great possibility here that that could happen and very soon."

Tulowitzki had only been in Rogers Centre for a couple

of hours when he spoke to reporters Wednesday afternoon, so the little things of being in the Blue Jays' organization still stuck out to him.

"I'm still shocked when I walk in to a clubhouse and it's not purple, it's different for me," said Tulowitzki, who said speaking with his family about the move put him at ease. "I think as games go on and I get some games under my belt and I meet these guys, go on a road trip, win some games, I think I'll feel more comfortable."

THE CANADIAN PRESS



Troy Tulowitzki wasted little time in making an impact in his Blue Jays debut Wednesday night. In his second at-bat, he hit a two-run home run to give Toronto a 2-0 lead in the third inning against Philadelphia. For the final score, go to metronews.ca. DARREN CALABRESE/THE CANADIAN PRESS



New England Patriots owner Robert Kraft said Wednesday he "was wrong to put my faith in the league" after Tom Brady's four-game ban was upheld. DARREN MCCOLLESTER/GETTY IMAGES

Not done fighting yet

NFL

Pats' Brady files suit to stop suspension

Tom Brady took the fight over his "Deflategate" suspension to social media and federal court on Wednesday, and New England Patriots owner Robert Kraft backed the three-time Super Bowl MVP, saying "I was wrong to put my faith in the league."

One day after NFL commissioner Roger Goodell rejected Brady's appeal, the star quarterback posted a 507-word statement on Facebook with his firmest denial yet, writing: "I did nothing wrong." Kraft followed with an unscheduled address to the media gathered at Gillette Stadium for the opening of training camp and the team's defence of its fourth Super Bowl championship.

"It is completely incomprehensible to me that the league continues to take steps to disparage one of its all-time great players, and a man for whom I have the utmost respect," the Pa-

triot's owner said. "I have come to the conclusion that this was never about doing what was fair and just."

Just before the courts closed in Minnesota, the NFL Players Association asked U.S. District Judge David Doty to overturn Brady's four-game suspension — or at least put it on hold until the case can be heard. The union asked Doty to throw out the suspension before Sept. 4; that would keep Brady from missing any practices before the Patriots' Sept. 10 season-opener against the Pittsburgh Steelers.

"We need to free him up for that first week," union attorney Jeffrey Kessler told The Associated Press. "We don't believe this discipline can ever be sustained."

The lawsuit argues that the NFL made up its rules as it went along and misapplied the ones that were already on the books. In an interview with the AP, Kessler called it "offensive" that the league accused Brady of destroying his cellphone to obstruct the investigation, a claim Goodell made in upholding the suspension on Tuesday.

THE ASSOCIATED PRESS

ADRIAN PETERSON

Keener than ever at training camp

Adrian Peterson burst through the line of scrimmage and veered toward the sideline as he headed up the field.

Safety Robert Blanton had the Minnesota Vikings running back in his sights and eased off the throttle as he went in to "thud" Peterson, looking to deliver a cordial bump during the team's first training camp practice with players in pads. To Blanton's surprise, Peterson lowered his shoulder and delivered a jolt

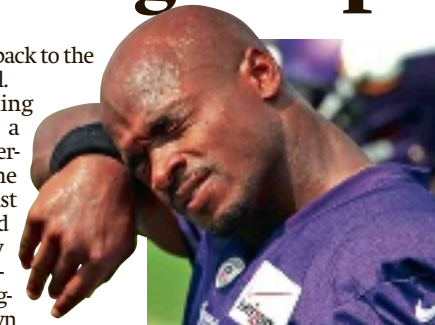
to the fourth-year defensive back.

Most veterans dread the early days of camp and the first few hits that open the door to six months filled with jarring blows, aches and pains.

Not Peterson. He hadn't felt the pop of the pads for more than 10 months, an exile brought on by child abuse allegations against him. With the case settled, his punishment over and his contract situation resolved, Peterson couldn't help but be a little

eager to finally get back to the business of football.

"I've been looking forward to it for a long time," said Peterson, who missed the final 15 games of last season. "It was good to get the first day down. I feel comfortable. I didn't feel sluggish or weighed down because of the pads. I felt pretty good." THE ASSOCIATED PRESS



Adrian Peterson
THE ASSOCIATED PRESS

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RIDERS SCRAMBLE FOR QBs

Durant's replacement hurt
First Darian Durant, now Kevin Glenn.

The Saskatchewan Roughriders' quarterback situation became more desperate Wednesday after the team placed Glenn on the six-game injured list with a torn pectoral muscle. The veteran suffered the injury in the club's 31-21 home loss to the Hamilton Tiger-Cats on Sunday.

That means rookie Brett

Smith will make his first CFL start Friday night when the Riders visit the Edmonton Eskimos (3-1). Saskatchewan (0-5) is the league's lone remaining winless squad. Glenn took over starting duties after Durant suffered a season-ending Achilles injury in Saskatchewan's season-opening 30-26 loss to the Winnipeg Blue Bombers. Head coach Corey Chamblin said Glenn won't require surgery. THE CANADIAN PRESS

IN BRIEF

Blatter protege wants to replace him as FIFA head

Michel Platini has launched his campaign to succeed Sepp Blatter as FIFA president, aiming to give the scandal-hit governing body "the dignity and the position it deserves."

Platini, the UEFA president and a FIFA vice-president, wrote to member federations in Europe on Wednesday that he will stand in the election and counts on their support.

The former France great is the first serious contender to declare his intentions ahead of an Oct. 26 deadline to apply. The FIFA election is on Feb. 26.

THE ASSOCIATED PRESS

Gillette Stadium to host Winter Classic

The Winter Classic is coming to the home of the New England Patriots.

NHL Commissioner Gary Bettman joined officials from the Boston Bruins and Montreal Canadiens on Wednesday to say the Original Six rivals would meet at Gillette Stadium on New Year's Day. The Bruins will be the first team to host the event twice. They also hosted it in 2010, at Fenway Park.

Bettman notes that the three organizations are among the most successful in their sports, with 34 championships. The Canadiens have won 24 of those, but the Patriots are the defending Super Bowl champs.

THE ASSOCIATED PRESS

Little white lie began long para-sports career

PARAPAN 2015

Wheelchair basketballer first wanted to swim

Since it implies something underhanded, it would be misleading to say Tracey Ferguson was tricked into playing wheelchair basketball. Any deception was out of compassion.

But Ferguson, now 40 and a mainstay on the national women's team for 24 years, wanted to be a swimmer when her mother called Variety Village searching for a place where her preteen daughter could emulate her hero, Alex Baumann.

"My daughter is new to a wheelchair," Ferguson recalls her mother, Patricia Boudreau, explaining on the phone. "She swam before paralysis and she wants to be a swimmer. The gentleman there said, 'C'mon down and see what we have.' He failed to mention that they hadn't built a pool yet."

Ferguson, almost 12 at the time, excitedly arrived to see the facilities.

"We got down there and they threw me in a basketball chair, they threw me in a racing chair and I played some tennis. Finally I said, 'And the pool?' And the guy was like, 'We're going to build one. But we didn't want to turn you away. We didn't want to say no.'"



Tracey Ferguson dribbles past Janet McLachlan during a presentation in Toronto in March.

STEVE RUSSELL/TORSTAR NEWS SERVICE

Her mother, meanwhile, saw how much fun Tracey was having and signed her up for a membership. Boudreau was then floored when her daughter said she wanted to play basketball.

Ferguson admits she was "horrible" but she believed she could get better. Three Paralympic gold medals and a bronze with Canada along with four world championships and a bronze at that



Once I found out about wheelchair sports, my world opened up again.

Tracey Ferguson

level proved her right.

Ferguson, just five feet tall and 46 pounds, recalls she was lighter than her 50-pound "clunker" of a wheelchair that could have held two of her. But

life changed when she got into a sports chair for the first time at Variety Village.

"It felt like running again," she said. "Once I found out about wheelchair sports, my world

+ BACKGROUND

Into the chair

Ferguson, the youngest of six children, was paralyzed during a surgical procedure when she was 9. She had scoliosis and when doctors at Sick Kids Hospital were implanting steel rods to straighten her spine, the procedure left her without movement from the waist down.

She has regained some function over time and can walk short distances.

TORSTAR NEWS SERVICE

opened up again."

Ferguson, who calls herself "exceptionally old," has played for Canada so long she went through one 12-year stretch of being undefeated internationally and then through a rebuilding phase that has the team back on top as reigning world champs as it goes into the Parapan Games in Toronto. Ferguson is the only player remaining from the Paralympic champion teams in 1992, 1996 and 2000.

"When I stop being an asset to the team, it will be time for me to go," says Ferguson but she is training with hopes of playing in the Paralympics at Rio in 2016. The Parapan Am Games here are a qualifier for Rio. Canada finished sixth at the London Paralympic Games in 2012.

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RECIPE Grilled Zucchini, Tomato and Buffalo Mozzarella Stacks



EAT LIGHT AT HOME

Rose Reisman
rosereisman.com

@rosereisman

Ready in

Prep time: 10 minutes
Cook time: 10 minutes

Ingredients

- 6 round slices zucchini (1-inch thick)
- 6 slices medium-sized red tomatoes (1/2-inch thick)
- 3 oz buffalo mozzarella cheese or smooth ricotta
- 6 slices medium-sized yellow tomatoes (1/2-inch thick)
- Balsamic glaze
- 1/3 cup balsamic vinegar
- 2 Tbsp maple syrup
- Chopped fresh basil

Directions

1. In a grill pan sprayed with vegetable oil, grill zucchini rounds, around four minutes per side,

just until slightly tender.

2. On large serving platter, place red tomato slices in a single row. Divide half of cheese over top tomatoes. Top with yellow tomato slices and divide remaining cheese over top. Add zucchini rounds.

3. In small skillet, add balsamic vinegar and maple syrup. Bring to a boil and cook for one to two minutes, just until bubbles cover entire surface. Drizzle over top tomato stacks and garnish with basil. If glaze gets too thick, gently reheat and add a little more maple syrup.

Nutrition per serving (makes 6 stacks)

- Calories 70
- Protein 4 g
- Carbohydrates 6 g
- Total fat 1.5 g
- Cholesterol 5 g
- Sodium 100 mg

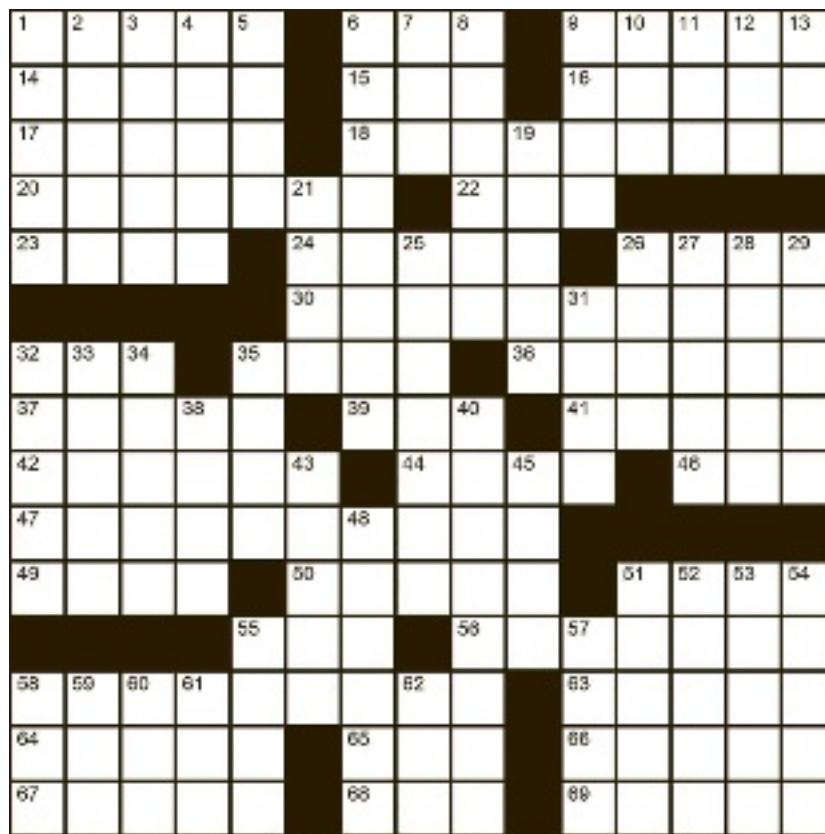
PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

- Bird of Jove
- "This Hour Has 22 Minutes" network
- Gladden
- Pasted
- Diminutive suffix
- Mr. Firth
- Succulent plant
- Break in the workday
- "The ___ Code" (2006) starring Tom Hanks
- ___-mo replay
- Navigated waters
- Arise
- Regrettably
- As per #6-Down, locale in the Yukon: 2 wds.
- '60s hit: "___ My Party"
- Dry
- Religious lecture
- Update a route
- Not nope
- Existence
- Appearances
- Lids
- Kicker's peg
- Coniferous tree delicacies: 2 wds.
- Dwelling
- Regards
- ___ of St. Lawrence
- Neutral shoe tone
- Item in an eater's hand
- Spanish author of Don Quixote



- Scoundrel
- Significant ___ (Special someone)
- Record co.
- Assound
- Picture
- Grumpy's

co-worker
69. Thaws

DOWN

- "Zounds!"
- Pool nuisance
- Tropical fruit
- Mr. Strauss'

jeans
5. "I Dream of Jeanie" star Barbara
6. July 30th to August 2nd, 2015: Yukon ___ Festival (Regional food celebration in Whitehorse)

and #30-Across)
7. ___-ray player
8. Population count
9. Canyon lingerer
10. Movie studio area

- Canadian journalist Mr. Velshi
- Mr. Burton the director
- Compass pt.
- Namesakes of jazz singer Ms. Laine
- Relinquish control
- Honeybunch
- Land amount
- Speed ___
- Repent
- Abbey Theatre dramatist, J.M. ___ (b.1871 - d.1909)
- Bird beaks
- Bar soap brand, ___ Spring
- Song's swiftness
- Phoney well-wishery
- On ___ (Without a contract)
- Chill
- Billboard chart fare: 2 wds.
- Certain car
- "Excuse me..."
- Like a traveling circus venue
- Garden guy
- Regular
- Hungarian composer, Franz ___ (b.1811 - d.1886)
- Escapes
- Root vegetable
- "Rio Lobo" (1970) actor Jack
- Police officer
- Ordinal suffix
- Greek alphabet's 17th letter
- Verify
- Goth rocker

* IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Be careful how you react to criticism today. If you let your enemies see that your feelings are hurt they will go out of their way to hurt you further. Pretend that you are not the slightest bit bothered.

Taurus April 21 - May 21
You find it hard to be modest, but today you would be wise not to draw attention to your superiority because there is something you have missed that could make you look very silly.

Gemini May 22 - June 21
The best way to get over your negative mood is to throw yourself into an activity that you enjoy. It doesn't have to be important, just something that takes your mind off your worries.

Cancer June 22 - July 23
You want to speak your mind today, but be warned: you could be the one who is the topic of conversation if you stray from the facts. What others say won't be pleasant.

Leo July 24 - Aug. 23
This is not a good time to say or do anything that might meet the disapproval of people in power. Yes, there are facts that need to be looked at but don't make a big deal of it.

Virgo Aug. 24 - Sept. 23
If you tread on someone's toes today the consequences could be painful for both of you! Minor differences could escalate quite rapidly into major disputes, so steer clear of people who offend easily.

Libra Sept. 24 - Oct. 23
The most important thing now is that you act as if you care, even if you don't. Others are counting on you to raise their spirits and if you are as nice a person as they say you are you will tell them what they need to hear.

Scorpio Oct. 24 - Nov. 22
You are never afraid to be controversial but today there is a danger that you will go too far and make an enemy of someone powerful. You may be brave, but ask yourself: is it worth the hassle?

Sagittarius Nov. 23 - Dec. 21
Don't neglect the needs of those you love in your haste to make a name for yourself on the work front. You could all too easily turn people against you.

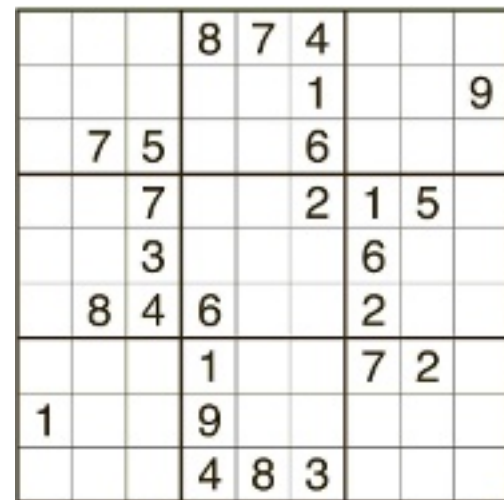
Capricorn Dec. 22 - Jan. 20
If you help someone today they will repay the favour later, when you are the one in need. In a nutshell: be kind to others and they will more likely be kind to you.

Aquarius Jan. 21 - Feb. 19
The time has come to end some kind of partnership. It won't be easy but you know it must be done. In the long-term it will be good for you both.

Pisces Feb. 20 - March 20
You must be honest with yourself about what you want and what you have to do to get it. And if you come to the conclusion that the price is too high then lower your sights and aim for something less demanding.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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